Mr J. L. Burke

A QUEENS DELIGHT. OR, THE ART OF *Preserving*, *Conserving*, and *Candying*.

As also,

A right Knowledge of making PERFUMES, and Distilling the most Excellent Waters.

Never before Published.

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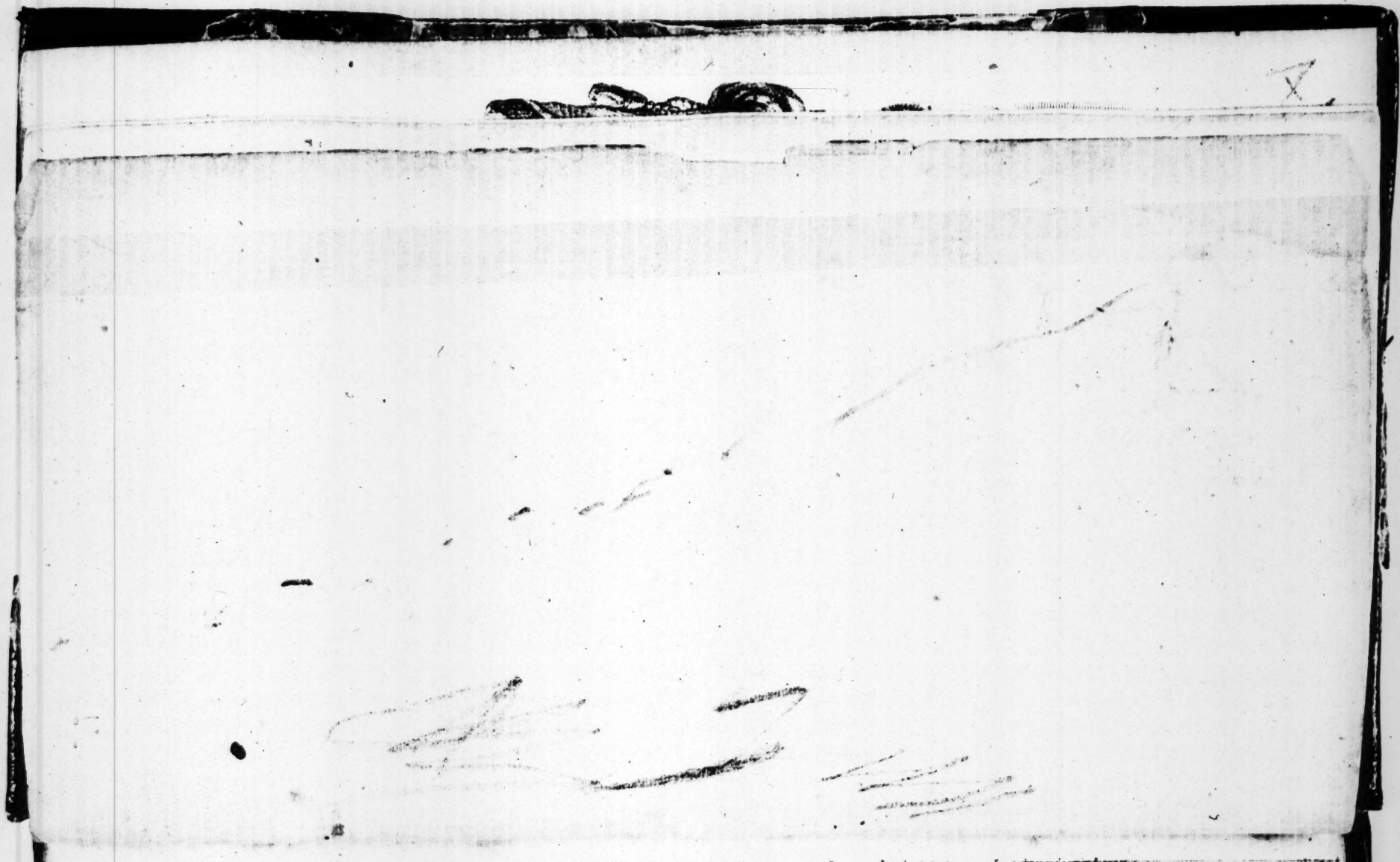

A QUEENS DELIGHT.

OF

Conſerves, and Preſerves, Candying and Diſtilling Waters.

To preſerve white Pear Plums or green.

TAke the Plums, and cut the ſtalk off, and wipe them, then take the juſt weight of them in Sugar, then put them in a skiliet of water, and let them ſtand in and ſcald, being cloſe covered till they be tender, they muſt not ſeeth when they be ſoft, lay them in a Diſh, and cover them with a cloth, and ſtew ſome of

the ſugar in the glaſs bottom, and put in the Plums, ſtrewing the ſugar over till all be in, then let them ſtand all night, the next day put them in a pan, and let them boyl apace, keeping them clean ſcummed, and when your Plums look clear, your ſirrup will gelly, and they are enough. If your Plums be ripe, peel off the skins before you put them in the glaſs; they will be the better and clearer a great deal to dry, if you will take the Plums white; if green, do them with the rines on.

To preſerve Grapes.

TAke Grapes when they be almoſt through ripe, and cut the ſtalks off, and ſtone them in the ſide, and as faſt as you can ſtone them ſtrew ſugar on them; you muſt take to every pound of Grapes three quarters of a pound of Sugar, then take ſome of the ſower Grapes,; and wring the juyce of them, and put to every pound of Grapes two ſpoonfuls of juyce, then ſet them on the fire, and ſtill lift up the pan and ſhake it round, for fear of burning to, then ſet them on again, and when the ſugar is melted, boil them as faſt as you can poſſibly, and when they look very clear, and the

the ſirrup ſomewhat thick, they are enough.

To preſerve Quinces white.

TAke a pair and coar them, and to every pound of your equal weights in Sugar & Quince, take a wine pint of water; put them together, and boil them as faſt as you can uncovered; and this way you may alſo preſerve Pipins white as you do Quinces.

To preſerve Reſpaſs.

TAke a pound of Reſpaſs, a pound of fine Sugar, a quarter of a pint of the juyce of Reſpaſs, ſtrew the Sugar under and above the Reſpaſs, ſprinkle the juyce all on them, ſet them on a clear fire, let them boil as ſoft as is poſſible, till the ſirup will gelly, then take them off, let them ſtand till they be cold, then put them in a glaſs. After this manner is the beſt way.

To preſerve Pippins.

TAke fair Pippins, and boil them in fair water till they be ſomewhat tender, then take them out, and peel off the skins and put them into a fair earthen pot, and cover them till they be cold, then make the Syrup with fair Water and Sugar, ſeeth it, and ſcum it very clean, then being almoſt cold, put in your Pippins, ſo boil them ſoftly together, put in as much rine of Oranges as you think will taſte them, if you have no Oranges take whole Cinamon and Cloves, ſo boil them high enough to keep them all the year.

To preſerve Fruits green.

TAke Pippins, Apricocks, Pear-plums, or Peaches when they be green, ſcald them in hot water, and peel them or ſcrape them, put them into another water not ſo hot as the firſt, then boil them very tender, take the weight of them in Sugar, put to it as much water as will make a Syrup to cover them; then boil them ſomething leiſurely, and take them up, then boil the ſirup till it be ſomewhat thick, that it will batten

batten on a diſh ſide, and when they are cold, put them together.

To preſerve Oranges and Lemons the beſt way.

TAke and boil them as for paſte, then take as much Sugar as they weigh, and put to it as much water as will cover them by making a Syrup, then boil them very ſeiſurely till they be clear, then take them up and boil the ſirup till it batten on the diſh ſide, and when they are cold put them up, &c.

An approved Conſerve for a Cough or Conſumption of the Lungs.

TAke a pound of Elecampane Roots, draw out the pith, and boil them in two waters till they be ſoft, when it is cold put to it the like quantity of the pap of roaſted Pippins, and three times their weight of brown ſugarcandy beaten to powder, ſtamp theſe in a Mortar to a Conſerve, whereof take every morning faſting as much as a Walnut for a week or fortnight together, and afterwards but three times a week. *Approved.*

To make conſerve of any of theſe Fruits.

WHen you have boiled your paſte as followeth ready to faſhion on the Pie-plate, put it up into Gallipots, and never dry it, and this is all the difference between Conſerves. And ſo you may make Conſerves of any Fruits, this for all hard Fruits, as Quinces, Pippins, Oranges and Lemons.

To dry any Fruits after they are preſerved, or Candy them.

TAke Pippins, Pears or Plums, and waſh them out in warm water from the Syrup they are preſerved in, ſtrew them over with ſearſed Sugar, as you would do flower upon fiſh to fry them; ſet them in a broad earthen pan, that they may lie one by one; then ſet them in a warm Oven or Stove to dry. If you will candy them withall, you muſt ſtrew on Sugar three or four times in the drying.

To preſerve Artichocks young, green Walnuts and Lemons, and the Elecampane-Roots, or any bitter thing.

TAke any of theſe, and boil them tender, and ſhift them in their boiling ſix or ſeven times to take away their bitterneſs out of one hot water into another, then put a quart of Salt unto them, then take them up and dry them with a fair cloth, then put them into as much clarified Sugar as will cover them, then let them boil a walm or two, and ſo let them ſtand ſoaking in the Sugar till the next morning, then take them up, and boil the Sugar a little higher by it ſelf, and when they are cold put them up.

Let your green Walnuts be prickt full of holes with a great pin, and let them not be long in one water, for that will make them look black; being boiled tender, ſtick two or three Cloves in each of them.

Set your Elecampane-Roots, being clean ſcraped, and ſhifted in their boilings a dozen times, then dry them in a fair cloth, and ſo boil them as is above written, take half ſo much more then it doth weigh, becauſe it is bitter, *&c.*

To preserve Quinces white or red.

TAke the Quinces, and coar them, and pare them, those that you will have white, put them into a pail of water two or three hours, then take as much Sugar as they weigh, put to it as much water as will make a Syrup to cover them, then boil your Syrup a little while, then put your Quinces in, and boil them as fast as you can, till they be tender and clear, then take them up, and boyl the Syrup a little higher by it self, and being cold put them up. And if you will have them red, put them raw into Sugar, and boil them leisurely close covered till they be red and put them not into cold water.

To preserve Grapes.

TAke the Clusters, and stone them as you do Barberries, then take a little more Sugar then they weigh, put to it as much Apple water as will make a Syrup to cover them, then boil them as you do Cherries as fast as you can, till the Syrup be thick & being cold pot it: thus may you preserve Barberries or English Currans, or any kind

of

of Berries.

To preſerve Pippins, Apricocks, Pear-Plums and Peaches when they are ripe.

TAke Pippins and pare them, bore a hole through them, and put them into a Pail of water, then take as much Sugar as they do weigh, and put it to as much water as will make a Syrup to cover them, and boil them as faſt as you can, ſo that you keep them from breaking, until they be tender, that you may prick a Ruſh through them: ſet them be a ſoaking till they they be almoſt cold, then put them up.

Your Apricocks and Peaches muſt be ſtoned and pared, but the Pear-Plums muſt not be ſtoned nor pared. Then take a little more Sugar then they weigh, then take as much Apple water and Sugar as will make a Syrup for them, then boil them as you do your Pippins, and Pot them as you do the Pippins likewiſe, *&c.*

To preſerve Pippins, Apricocks, Pear-Plums, or Peaches green.

TAke your Pippins green and quoddle them in fair water, but let the water boil firſt before you put them in, and you muſt ſhift them in two hot waters before they will be tender, then pull off the skin from them, and ſo caſe them in ſo much clarified ſugar as will cover them, and ſo boil them as faſt as you can, keeping them from breaking, then take them up, and boil the ſyrup until it be as thick as for Quiddony; then pot them, and pour the ſyrup into them before they be cold.

Take your Apricocks and Pear-Plums and boil them tender, then take as much ſugar as they do weigh, and take as much water as will make the ſyrup, take your green Peaches before they be ſtoned and thruſt a pin through them, and then make a ſtrong water of aſhes, and caſt them into the hot ſtanding lye to take off the fur from them, then waſh them in three or four waters warm, ſo then put them into ſo much clarified ſugar as will candy them; ſo boil them, and put them up, *&c.*

To dry Pippins or Pears without Sugar.

TAke Pippins or Pears and prick them full of holes with a bodkin, and lay them in ſweet wort three or four dayes, then lay them on a ſieves bottom, till they be dry in an Oven, but a drying heat. This you may do to any tender Plum.

To make Syrup of Clove-gilly-flowers.

TAke a quart of water, half a buſhel of Flowers, cut off the whites, and with a ſieve ſift away the ſeeds, bruiſe them a little; let your water be boiled, and a little cold again, then put in your Flowers, and let them ſtand cloſe covered twenty four hours; you may put in but half the flowers at a time, the ſtrength will come out the better; to that liquor put in four pound of Sugar, let it lye in all night, next day boil it in a Gallipot, ſet it in a pot of water, and there let it boil till all the ſugar be melted and the ſyrup be pretty thick, then take it out, and let it ſtand in that till it be through cold, then glaſs it.

To make Syrup of Hyſop for Colds.

TAke a handful of Hyſop, of Figs, Raiſins, Dates, of each an ounce, of Collipint half an handful, French Barley one ounce, boil therein three pints of fair water to a quart, ſtrain it and clarifie it with two whites of Eggs, then put in two pound of fine ſugar, and boil it to a ſyrup.

To make Orange Water.

TAke a pottle of the beſt Malligo Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, let them ſteep twenty four hours; ſtill them in a glaſs ſtill, and let the water run into the Receiver upon fine Sugar-candy; you may Still it in an ordinary Still.

To dry Cherries.

TAke a pound of Sugar, diſſolve it in thin fair water, when it is boiled a little while, put in your Cherries after they are ſtoned, four pound to one pound of ſugar, let them lye in the ſugar three dayes, then take them out of the ſyrup and lay them on

ſieves one by one, and ſet them before the Sun upon ſtools, turn them every day, elſe they will mould; when they look of a dark red colour, and are dry then put them up, And ſo you may do any manner of Fruit. In the Sun is the beſt drying of them, put into the ſyrup ſome juyce of Raſps.

To make Juyce of Liquoriſh.

TAke Engliſh Liquoriſh, and ſtamp it very clean, bruiſe it with a hammer, and cut it in pieces; to a pound of Liquoriſh thus bruiſed, put a quart of Hyſop water, let them ſoak together in an earthen pot a day and a night, then pull the Liquoriſh into ſmall pieces, and lay it in ſoak again two dayes more; then ſtrain out the Liquoriſh, and boil the liquor a good while. Stir it often; then put in half a pound of Sugar-candy, or Loaf-ſugar finely beaten, four grains of Muſk, as much Ambergreece, bruiſe them ſmall with a little ſugar; then boil them together till it be good and thick, ſtill have care you burn it not; then put it out in glaſs plates, and make it into round rolls, and ſet it in a drying place till it be ſtiff, that you may work it into rolls to be cut as big as Barley corns, and ſo lay them

on a place again: If it be needful ſtrew on the place again a little Sugar to prevent thickning, ſo dry them ſtill if there be need and if they ſhould be too dry, the heat of the fire will ſoften them again.

A Perfume for Clothes, Gloves.

TAke of Linet two grains, of Muſk three, of Ambergreece four, and the oyl of Bems a pretty quantity; grinde them all upon a Marble ſtone fit for that purpoſe; then with a bruſh or ſpunge rake them over, and it will ſweeten them very well; your Gloves or Jerkins muſt firſt be waſhed in old red Roſe-water, and when they are almoſt dry, ſtretch them forth ſmotoh, and lay on the Perfumes.

To make Almond Bisket.

TAke the whites of four new laid Eggs, and two yolks, then beat it well for an hour together, then have in readineſs a quarter of a pound of the beſt Almonds blanched in cold water, and beat them very ſmall with Boſe-wart, for fear of Oyling; then have a pound of the beſt Loaf-ſugar finely beaten, beat that in the Eggs a while, then

then put in your Almonds, and five or ſix ſpoonfuls of the fineſt flower, and ſo bake them together upon paper plates, you may have a little fine ſugar in a piece of tiffany to duſt them over as they be in the Oven, ſo bake them as them as you do Bisket.

To dry Apricocks.

FIrſt ſtone them, then weigh them, take the weight of them in double reſined Sugar, make the Syrup with ſo much water as will wet them, and boil it up ſo high, that a drop being dropped on a Plate it will ſlip clean off, when it is cold, put in your Apricocks being pared, whilſt your Syrup is hot, but it muſt not be taken off the fire before you put them in, then turn them in the Syrup often, then let them ſtand 3 quarters of an hour; then take them out of the ſirup, and tie them up in Tiffanies, one in a tiffany or more, as they be in bigneſs, and whilſt you are tying them up, ſet the Syrup on the fire to heat, but not to boil, then put your Apricocks into the ſirup, and ſet them on a quick fire, and let them boil as faſt as you can, skim them clean, and when they look clear, take them from the fire, and let them lye in the ſyrup till the next day, then ſet them on the fire to heat, but not to boil; then

then ſet them by till the next day, and lay them upon a clean Sieve to drain, and when they are well drained, take them out of the Tiffanies, and ſo dry them in a Stove, or better in the Sun with Glaſſes over them, to keep them from the duſt.

To make Quinces for Pies.

WIpe the Quinces, and put them into a little veſſel of ſmall Beer when it hath done working; ſtop them cloſe that no air can get in, and this will keep them fair all the year, and good.

The beſt way to break ſweet Powder.

TAke of Orrice one pound, Calamus a quarter of a pound, Benjamin one half pound, Storax half a pound, Civet a quarter of an ounce, Cloves a quarter of a pound, Muſk one half ounce, Oyl of Orange flowers one ounce, Lignum Aloes one ounce, Roſewood a quarter of

of a pound, Ambergreece a quarter of an ounce. To every pound of Roſes put a pound of powder; the bag muſt be of Taffity, or elſe the powder will run through.

To make excellent Perfumes.

TAke a quarter of a pound of Damask Roſe-buds cut clean from the Whites, ſtamp them very ſmall, put to them a good ſpoonful of Damask Roſewater, ſo let them ſtand cloſe ſtopped all night, then take one ounce and a quarter of Benjamin finely beaten, and alſo ſearſed, (if you will) twenty grains of Civit, and ten grains of Musk; mingle theſe with the Roſes, beating them well together, then make it up in little Cakes between Roſe leaves, and dry them between ſheets of Paper.

To make a very good Pomatum.

TAke the fat of a young Dog one pound, it muſt be killed well, that the blood

To make Conſerve of Roſes boiled.

TAke a quart of red Roſe-water, a quart of fair water, boil in the water a pound of red Roſe-leaves, the whites cut off, the leaves muſt be boiled very tender; then take three pound of Sugar, and put to it a pound at a time, and let it boil a little between every pound, ſo put it up in your pots.

To make Conſerves of Roſes unboiled.

TAke a pound of red Roſe-leaves, the whites cut off, ſtamp them very fine take a pound of Sugar, and beat in with the Roſes, and put it in a pot, and cover it with leather, and ſet it in a cool place.

To make a very good Pomatum.

TAke the Fat of a young Dog one pound, it muſt be killed well that the blood

blood ſettle not into the fat, then let the outer skin be taken off before it be opened, leſt any of the hair come to the fat, then take all the fat from the inſide, and aſſoon as you take it off fling it into Conduit-water; and if you ſee the ſecond skin be clear, peel it and water it with the other; be ſure it cools not out of the water: you muſt not let any of the fleſh remain on it, for then the Pomatum will not keep. To one pound of this fat take two pound of Lambs caule, and put it to the other in the water and when you ſee it is cold, drain it from the water in a Napkin, and break it in little pieces with your fingers, and take out all the little veins; then take eight ounces of Oyl of Tartar, and put in that firſt, ſtirring it well together, then put it into a Gallon of Conduit-water, and let it ſtand till night; ſhift this with ſo much Oyl and Water, morning and evening ſeven dayes together, and be ſure you ſhift it conſtantly; and the day before you mean to melt it wring it hard by a little at a time, and be ſure the Oyl and Water be all out of it, wring the water well out of it with a Napkin every time you ſhift it; then

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put in three pints of Roſe-water; let it ſtand cloſe covered twelve hours, then wring out that, and put it in a pint of freſh Roſe-water into a high Gallipot with the feces; then tie it cloſe up, and ſet it in a pot of water, and let it boil two hours, then take it out, and ſtrain it into an earthen Pan, let it ſtand till be cold; then cut a hole in it, and let out the water, then ſcrape away the bottom, and dry it with a cloth, and dry the pan; melt it in a Chafing-diſh of Coals, or in the Gallipots; beat it ſo long, till it look very white and ſhining; then with your hand fling it in fine Cakes upon white paper, and let it lye till it be cold, then put it into Gallipots. This will be very good for two or three yeers.

To make Raiſin Wine.

TAke two pound of Raiſins of the Sun ſhred, a pound of good powdered Sugar, the juice of two Lemons, one pill, put theſe in an earthen Pot with a top, then take two gallons of water, let it boil half an hour, then take it hot from the fire, and put it into the pot, and cover

cover it close for three or four dayes, ſtirring it twice a day, being ſtrained put it into bottles, and ſtop it more cloſe, in a fortnight or three weeks it may be drunk; you may put in Cloves, Gilly flowers, or Cowſlips, as the time of the year is when you make it; and when you have drawn this from the Raiſins, and bottled it up, heat two quarts of water more put it to the ingredients, and let it ſtand as aforeſaid. This will be good, but ſmaller than the other, the water muſt be boiled as the other.

To make Rasberry Wine.

TAke a Gallon of good Rhenniſh Wine, put into it as much Rasberries very ripe as will make it ſtrong, put it in an earthen pot, and let it ſtand two dayes, then pour your Wine from your Rasberries, and put into every bottle two ounces of Sugar. Stop it up, and keep it by you.

The beſt way to preſerve Cherries.

TAke the beſt Cherries you can get, and cut the ſtalks ſomething ſhort, then for every

every pound of theſe Cherries take two pound of other Cherries, and put them of their ſtalks and ſtones, put to them ten ſpoonfuls of fair water, and then ſet them on the fire to boil very faſt till you ſee that the colour of the ſyrup be like pale Claret wine, then take it off the fire, and drain them from the Cherries into a Pan to preſerve in. Take to every pound of Cherries a quarter of Sugar, of which take half, and diſſolve it with the Cherry water drained from the Cherries, and keep them boiling very faſt till they will gelly in a ſpoon, and as you ſee the ſyrup thin, take off the Sugar that you kept finely beaten, and put it to the Cherries in the boiling; the faſter they boil, the better they will be preſerved, and let them ſtand in a Pan till they be almoſt cold.

A Tincture of Ambergreece.

TAke Ambergreece one ounce, Muſk two drams, ſpirit of wine half a pint, or as much as will cover the Ingredients two or three fingers breadth, put all into a glaſs, ſtop it cloſe with a Cork and Bladder; ſet it in Horſe dung ten or twelve

twelve days, then pour off gently the Spirit of Wine, and keep it in a Glaſs cloſe ſtopt, then put more ſpirit of wine on the Ambergreece, and do as before; then pour it off, after all this the Ambergreece will ſerve for ordinary uſes. A drop of this will perfume any thing, and in Cordials it is very good.

To make Uſquebath the beſt way.

TAke two quarts of the beſt *Aqua vitæ*, four ounces of ſcraped liquoriſh, and half a pound of ſliced Raiſins of the ſun, Anniſeeds four ounces, Dates and Figs, of each half a pound, ſliced Nutmeg, Cinnamon, Ginger, of each half an ounce, put theſe to the *Aqua vitæ*, ſtop it very cloſe, and ſet it in a cold place ten dayes, ſtirring it twice a day with a ſtick, then ſtrain or ſweeten it with Sugarcandy; after it is ſtrained, let it ſtand till it be clear, then put into the glaſs Musk and Ambergreece; two grains is ſufficient for this quantity.

To preſerve Cherries with a quarter of their weights in Sugar.

TAke four pound of Cherries, one

pound of Sugar, beat your Sugar and ſtrew a little in the bottom of your skillet, then pull off the ſtalks and ſtones of your Cherries, and cut them croſs the bottom with a knife; let the juyce of the Cherries run upon the Sugar; for there muſt be no other Liquor but the juyce of the Cherries, cover your Cherries over with one half of your Sugar, boil them very quick, when they are half boiled, put in the remainder of your Sugar, when they are almoſt enough, put in the reſt of the Sugar; you muſt let them boil till they part in ſunder like Marmalade, ſtirring them continually, ſo put them up hot into your warm Marmalade glaſſes.

To make Gelly of Pippins.

TAke Pippins, and pare them, and quarter them, and put as much water to them as will cover them, and let them boil till all the vertue of the Pippins are out, then ſtrain them, and take to a pint of the liquor a pound of Sugar, and cut long threads of Orange peels, and boil in it, then take a Lemon, and pare and ſlice it ver

very thin, and boil it in your liquor a little thin; take them out, and lay them in the bottom of your glaſs, and when it is boiled to a gelly, pour it on the Lemons in the glaſs. You muſt boil the Oranges in two or three waters before you boil it in the gelly.

To make Apricock Cakes.

TAke the faireſt Apricocks you can get, and parboil them very tender, then take off the Pulp and their weight of Sugar, and boil the Sugar and Apricocks together very faſt; ſtir them ever leſt they burn to, and when you can ſee the bottom of the Skillet it is enough, then put them into Cards ſowed round, and duſt them with fine Sugar, and when they are cold ſtone them, then turn them, and fill them up with ſome more of the ſame ſtuff; but you muſt let them ſtand for three or four days before you turn them off the firſt place; and when you finde they begin to candy, take them out of the Cards, duſt them with Sugar again; ſo do ever when you turn them.

To preſerve Barberries the beſt way.

FIrſt ſtone them and weigh them, half a pound of ſugar to half a pound of them, then pare them and ſlice them into that liquor, take the weight of it in ſugar; then take as many Rasberries as will colour it, and ſtraine them into the liquor, then put in the ſugar, boil it as faſt as you can, then skim it till it be very clear, then put in your Barberries, and that ſugar you weighed, and ſo let them boil till the skin be fully riſen up, then take them off, and skin them very clean, and put them up.

To make Lozenges of Red Roſes.

BOil your ſugar to ſugar again, then put in your Red Roſes being finely beaten and made moiſt with the juyce of Lemmon, let it not boil after the Roſes are in, but pour it upon a Pyeplate, and cut it into what form you pleaſe.

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To make Chips of Quinces.

First ſcald them very well, then ſlice them into a Diſh, and pour a Candy Syrup to them ſcalding hot, and ſet them ſtand all night, then lay them on plates, and ſearſe ſugar on them, and turn them every day, and ſcrape more ſugar on them till they be dry. If you would have them look clear, heat them in ſirup, but not to boil.

To make Sugar, of Wormwood, Mint, Anniſeed, or any other of that kinde.

TAke double refined Sugar, and do but wet it in fair water, or Roſe-water and boil it to a Candy, when it is almoſt boiled take it off, and ſtir it till it be cold; then drop in three or four drops of the Oyls of whatſoever you will make, and ſtir it well; then drop it on a board, being before ſifted with Sugar.

To make Syrup of Lemons or Citrons.

PAre off all the rindes, then ſlice your Lemons very thin, and lay a lare of

Sugar finely beaten, and a lare of Lemons in a ſilver baſon till you have fitted it, or as much as you mean to make, and ſo let it ſtand all night; the next day pour off the liquor that runs from it into a glaſs through a Taffany ſtrainer. Be ſure you put Sugar enough to them at the firſt, and it will keep a year good, if it be ſet up well.

To make Jambals of Apricocks or Quinces.

TAke Apricocks or Quinces, and quoddle them tender, then take their Pulp and dry it in a diſh over a Chafing-diſh of coals, and ſet it in a Stove for a day or two; then beat it in a ſtone Morrar, putting in as much Sugar as will make a ſtiff paſte; then colour it with Saunders, Cochineel or blew Starch, and make it up in what colour you pleaſe, rowl them with battle-doors into long pieces, and tye them up in knots, and ſo dry them.

To make Cherry-water.

TAke nine pound of Cherries, pull out the ſtones and ſtalks, break them with your

your hand, and put them into nine pints of Claret Wine, take nine ounces of Cinamon, and three Nutmegs, bruiſe them, and put them into this, then take of Roſemary and Balm, of each half a handful, of ſweet Marjoram a quarter of an handful; put all theſe with the aforenamed into an earthen pot well leaded; ſo let them ſtand to infuſe twenty four hours; ſo diſtil it in a Limbeck, keeping the ſtrongeſt water by it ſelf, put ſome Sugar finely beaten into your glaſſes. If your firſt water be too ſtrong, put ſome of the ſecond to it as you uſe it. If you pleaſe you may tye ſome Musk and Amlegreeſe in a rag, and hang it by a thread in your glaſs.

To make Orange Cakes,

TAke Oranges and pare them as thin as you can, then take out the meats clean, and put them in water; let them lye about an hour, ſhift the water, and boil them very tender in three or four waters then put them up, and dry them on a cloth: mince them as ſmall as you can, then put them into a diſh, and ſqueeze all the juice of the meat into them, and

let them ſtand till the next day, take to e very pound of theſe a pound and a quarter of double refined Sugar. Boil it with a ſpoonful of water at the bottome to keep it from burning till it be Sugar again; then put in your Oranges and let them ſtand and dry on the fire, but not boil; then put them on glaſs plates, and put them in a ſtove, the next day make them into Cakes and ſo dry them as faſt as you can.

To preſerve Oranges the French way.

TAke twelve of the faireſt Oranges and beſt coloured, and if you can get them with ſmooth skins they are the better, and lay them in Conduit water ſix dayes and nights, ſhifting them into freſh water morning and evening; then boil them very tender, and with a knife pare them very thin, rub them with ſalt, when you have ſo done, core them with a coring Iron, taking out the meat and ſeeds; then rub them with a dry cloth till they be clean, and to every pound of Oranges a pound and half of ſugar, and to a pound of ſugar a pint of water; then mingle your ſugar and water well together in a large skillet or pan; beat the whites of three Eggs,

Eggs and put that into it; then ſet it on the fire, and let it boil till it riſes, and ſtrain it through a Napkin; then ſet it on the fire again, and let it boil till the Syrup be thick, then put in your Oranges, and make them ſeethe as faſt as you can, now and then putting in a piece of fine loaf ſugar the bigneſs of a walnut, when they have boiled near an hour, put into them a pint of Apple water; then boil them apace, and half a pint of White Wine, this ſhould be put in before the Apple-water, when your Oranges are very clear, and your ſirup ſo thick that it will gelly, (which you may know by ſetting them to cool in a ſpoon) when they are ready to be taken off from the fire; then put in the juyce of eight Lemons warm into them, then put them into an earthen pan, and ſo let them ſtand till they be cold, then put every Orange in a ſeveral glaſs or pot; if you do but ſix Oranges at a time, it is the better.

To preſerve green Plums.

THe greateſt Wheaten Plum is the beſt, which will be ripe in the midſt of

July, gather them about that time, or later, as they grow in bigneſs, but you muſt not ſuffer them to turn yellow, for then they never be of good colour; being gathered, lay them in water for the ſpace of twelve hours, and when you gather them, wipe them with a clean linnen cloth, and cut off a little of the ſtalks of every one, then ſet two skillets of water on the fire, and when one is ſcalding hot put in your Plums, and take them from the fire, and cover them, and let them reſt for the ſpace of a quarter of an hour; then take them up, and when your other skillet of water doth boil, put them into it; let them but ſtay in it a very little while, and ſo let the other skillet of water, wherein they were firſt boiled, be ſet to the fire again, and make it to boil, and put in your Plums as before, and then you ſhall ſee them rivet over, and yet your Plums very whole; then while they be hot, you muſt with your knife ſcrape away the riveting; then take to every pound of Plums a pound and two ounces of Sugar finely beaten, then ſet a pan with a little fair water on the fire, and when it boils, put in your Plums, and let them ſeetle half a quarter of an hour till you ſee the colour wax green, then ſet them

them off the fire a quarter of an hour, and take a handful of Sugar that is weighed, and ſtrow it in the bottom of the pan wherein you will preſerve, and ſo put in your Plums one by one, drawing the liquor from them, and caſt the reſt of your Sugar on them; then ſet the pan on a moderate fire, letting them boil continually but very ſoftly; and in three quarters of an hour they will be ready, as you may perceive by the greenneſs of your Plums, and thickneſs of your Syrup, which if they be boiled enough, will gelly when it is cold; then take up your Plums, and put them into a Gallipot, but boil your Syrup a little longer, then ſtrain it into ſome veſſel, and being blood-warm, pour it upon your plums, but ſtop not the pot before they be cold. Note alſo you muſt preſerve them in ſuch a pan, as they may lye one by another, and turn of themſelves; and when they have been five or ſix days in the Syrup, that the Syrup grow thin, you may boil it again with a little Sugar, but put it not to your Plums till they be cold. They muſt have three ſcaldings, and one boiling.

To dry Plums.

TAke three quarters of a pound of ſugar to a pound of black Pear-plums, or Damſins, ſlit the Plums in the creſt, lay a lay of Sugar with a lay of Plums, and let them ſtand all night; if you ſtone the Plums, fill up the place with Sugar, then boil them but gently till they be very tender, without breaking the skins, take them into an earthen or ſilver diſh, and boil your Syrup afterwards for a gelly, then pour it in your Plums ſcalding hot, and let them ſtand two or three dayes, then let them be put to the Oven after you draw your bread, ſo often untill your Syrup be dried up, and when you think they are almoſt dry, lay them in a ſieve, and pour ſome ſcalding water on them, which will run through the ſieve, and ſet them in an Oven afterwards to dry.

To preſerve Cherries the beſt way, bigger then they grow naturally, &c.

TAke a pound of the ſmalleſt Cherries, and boil them tender in a pint of fair

fair water, then ſtrain the liquor from the ſubſtance, then take two pound of good Cherries, and put them in a preſerving-pan with a lay of Cherries, and a lay of ſugar: then pour the ſirup of the other Cherries about them, and ſo let them boil as faſt as you can with a quick fire, that the ſirup may boil over them, and when your ſirup is thick and of good colour, then take them up, and let them a ſtand a cooling by partitions one from another, and being cold you may pot them up.

To preſerve Damſins, red Plums or Black.

TAke your Plums newly gathered, and take a little more Sugar then they do weigh, then put to it as much water as will cover them; then boil your ſirup a little while, and ſo let it cool, then put in your Damſins or Plums, then boil them leaſurely in a pot of ſeething water till they be tender, then being almoſt cold pot them up.

To dry Pippins or Pears.

TAke your Pippins, Pears, Apricocks, pare

pare them, and lay them in a broad earthen pan one by one, and ſo roul them in fearſed Sugar as you flower fried fiſh; put them in an Oven as hot as for manchet, and ſo take them out, and turn them as long as the Oven is hot; when the Oven is of a drying heat, lay them upon a Paper, and dry them on the bottom of a Sieve; ſo you may do the leaſt Plum that is.

To day Pippins or Pears another way.

TAke Pippins or Pears, and lay them in an earthen Pan one by one, and when they be baked plump and not broken, then take them out, and lay them up, and lay them upon a Paper, then lay them on a Sieves bottom, and dry them as you did before.

To dry Apricocks tender.

TAke the ripeſt of the Apricocks, pare them, put them into a ſilver or earthen Skillet, and to a pound of Apricocks put three quarters of a pound of Sugar, ſet your Apricocks over your fire; ſtirring them till they come to a pulp, and ſet the

the Sugar in another skillet by boiling it up to a good height, then take all the Apricocks, and ſtir them round till they be well mingled, then let it ſtand till it be ſomething cold and thick, then put it into cards, being cut of the faſhion of an Apricock, and laid upon glaſs plates; fill the Cards half full, then ſet them in your ſtove, but when you find they are ſo dry that they are ready to turn; then provide as much of your pulp as you had before, and to put to every one a ſtove, when they are turned, (which you muſt have ſaid before) and pour the reſt of the Pulp upon them, ſo ſet them into your ſtove, turning them till they be dry.

To dry Plums.

TAke a pound of Sugar to a pound of Plums, pare them, ſcald your Plums, then lay your Plums upon a ſieve till the water be drained from them, boil your Sugar to a Candy height, and then put your Plums in whileſt your ſirup is hot, ſo warm them every morning for a week, then take them out, and put them into your ſtove and dry them.

To

To dry Apricocks.

TAke your Apricocks, pare and ſtone them, then weigh half a pound of ſugar to a pound of Apricocks, then take half that ſugar, and make a thin ſirup, and when it boileth, put in the Apricocks, then ſcald them in that ſirup; then take them off the fire, and let them ſtand all night in that Sirup, in the morning take them out of that ſirup, and make another ſirup with the other half of the ſugar, then put them in, and preſerve them till they look clear; but be ſure you do not do them ſo much as thoſe you keep preſerved without drying; then take them out of that Syrup, and lay them on a piece of plate till they be cold; then take a skillet of fair water, and when the water boils take your Apricocks one after another in a ſpoon, and dip them in the water firſt on one ſide, and then on the other; not letting them go out of the ſpoon: you muſt do it very quick, then put them on a piece of a plate, and dry them in a Stove, turning them every day; you muſt be ſure that your Stove or Cub-

board

board where you dry them, the heat of it be renewed three times a day with a temperate drying heat untill they be ſomething dry, then afterwards turn once as you ſee cauſe.

Conſerves of Violets the Italian manner.

TAke the leaves of blue Violets ſeparated from their ſtalks and greens, beat them very well in a ſtone Mortar, with twice their weight of Sugar, and reſerve them for your uſe in a glaſs veſſel.

The Vertue.

The heat of Choller it doth mitigate, extinguiſheth thirſt, aſſwageth the belly, and helpeth the Throat of hot hurts, ſharp droppings and drineſs, and procureth reſt. It will keep one year.

Conſerves of red Roſes the Italian manner.

TAke freſh red Roſes not quite ripe, beat them in a ſtone Mortar, mix them with double their weight of Sugar, and put them in a glaſs cloſe ſtopped, being not full, let them remain before you uſe them three moneths, ſtirring of them once a day.

The

The Vertues.

The Stomach, Heart, and Bowels it cooleth, and hindered vapours, the ſpitting of blood and corruption for the moſt part (being cold) it helpeth. It will keep many years.

Conſerve of Borage Flowers after the Italian manner.

TAke freſh Borage flowers cleanſed well from their heads four ounces, fine Sugar twelve ounces, beat them well together in a ſtone mortar, and keep them in a veſſel well placed.

The vertues are the ſame with Bugloſs flowers.

Conſerve of Roſemary flowers after the Italian manner.

TAke new Roſemary Flowers one pound of white Sugar one pound; ſo beat them together in a Marble Mortar with a wooden Peſtle, keep it in a galli-pot, or veſſel of earth well glaſſ d, or in one of hard ſtone. It may be preſerved for one year or two.

The Vertues.

It comforteth the heart, the ſtomach, the brain, and all the nervous parts of the Body.

Conſerve of Betony after the Italian way.

BEtony new and tender one pound, the beſt Sugar three pound, beat them very ſmall in a ſtone Mortar, let the ſugar be boiled with two pound of Betony-water to the conſiſtence of a ſirup, at length mix them together by little and little over a ſmall fire, and make a Conſerve, which keep in a glaſs.

The Vertues.

It helpeth the cold pains of the head, purgeth the ſtomach and womb: it helpeth ſtoneſs of the Reins, and furthereth Conception.

Conſerve of Sage.

TAke new flowers of Sage one pound, Sugar one pound; ſo beat them together very ſmall in a Marble Mortar, put them in a veſſel well glaſſed and ſteeped, ſet them in the Sunne, ſtir them

them daily; it will laſt one year.

The Vertues.

It is good in all cold hurts of the brain, it refreſheth the Stomach, it openeth obſtructions, and takes away ſuperfluons and hurtful humours from the ſtomach.

Conſerve of the Flower of Lavender.

TAke the flowers being new, ſo many as you pleaſe, and beat them with three times their weight of white Sugar, after the ſame manner as Roſemary flowers; they will keep one year.

The Vertues.

The Brain, the ſtomach, Liver, Spleen, and Womb it maketh warm, and is good in the Suffocation of the Womb, hardneſs of the Spleen, and for the Apoplex.

Conſerve of Marjoram.

THe Conſerve is prepared as Betony, it keepeth a year.

The Vertues.

It is good againſt the coldneſſe, moiſtneſs of the Brain, and Stomach,

and

and it ſtrengthneth the Vital Spirits.

Conſerve of Piony after the Italian way,

IN the Spring take of the Flowers freſh half a pouud, Sugar one pound, beat them together in a good ſtone Mortar, then put them in a glaſs, and ſet them in the ſun for three moneths, ſtirring them daily with a wooden Spathula.

The Vertues.

It is good againſt the Falling-ſickneſs, and giddineſs of the head, it cleanſeth the Reins and Bladder.

Touching Candies, as fol'oweth.

To Candy Roſemary-flowers in the Sun.

TAke Gum-Dragon, and ſteep it in Roſe-water, then take the Roſe-

mary,

mary flowers, good coloured, and well pickt, and wet them in the water that your Gum Dragon is ſteeped in, then take them out, and lay them upon a Paper, and ſtrew fine Sugar over them; this do in the hot ſun, turning them, and ſtrewing Sugar on them, till they are candied, and ſo keep them for your uſe.

To make Sugar of Roſes.

TAke the deepeſt coloured red Roſes, pick them, cut off the white bottoms and dry your red leaves in an Oven, till they be as dry as poſſible, then beat them to powder and ſearſe them, then take half a pound of Sugar beaten fine, put it into your pan with as much fair water as will wet it; then ſet in a chaffing-diſh of coals, and let it boil till it be Sugar again, then put as much powder of Roſes that will make it look very red, ſtir them well together, and when it is almoſt cold, put it into pales, and when it is throughly cold, take them off, and put them in boxes.

To

To Candy Pippins, Pears, Apricocks or Plums.

TAke of theſe fruits being pared, and ſtrew ſugar upon them as you do flower upon frying fiſh; then lay them on a board in a Pewter diſh, ſo put them into an Oven as hot as for Manchet; as the liquor comes from them, pour forth, turn them, and ſtrew more Sugar on them, and ſprinkle Roſewater on them, thus turning and ſugaring of them three or four times, till they be almoſt dry, then lay them on a Lettice Wire, or on the bottom of a ſieve in a warm Oven, after the bread is drawn out, till they be full dry: ſo you may keep them all the year.

To candy or clear Rockandy flowers.

TAke ſpices, and boil them in a ſirup of Sugar, then put in the flowers, boil them till they be ſtiff, when you ſpread them on a paper, lay them on round Wiers in an earthen pan, then take as much hard Sugar as will fill your pan, and as much water as will melt the ſugar,

gar, that is half a pint to every pound; then beat a dozen ſpoonfuls, of fair water, and the white of an Egg in a baſon, with a birchin rod till it come to a Froth, when your ſugar is all melted and boiled, put the froth of the egg in the hot ſirup, and as it riſeth, drop in a little cold water; ſo let it boil a little while, then ſcum it, then boil it to a Candy height, that is, when you may draw it in ſmall threads between your finger and your thumb: then pour forth all your ſirup that will run from it in your pan, then ſet it a drying one hour or two, which done, pick up the wires, and take off the flowers, and lay them on papers, and ſo dry them.

To Candy Spaniſh Flowers.

TAke the Bloſſomes of divers ſorts of flowers, and make a ſirup of water and ſugar, and boil it very thick, then put in your Bloſſoms, and ſtir them in their boiling, till it turn to ſugar again, then ſtir them with the back of a ſpoon, till the Sugar fall from it; ſo may you keep them for Sallets all the year.

To

To Candy Grapes, Cherries or Barberries.

TAke of theſe fruits, and ſtrew fine ſifted ſugar on them, as you do flower on frying fiſh, lay them on a lettice of wier in a deep earthen pan, and put them into an Oven as hot as for manchet; then take them out, and turn them and ſugar them againe, and ſprinkle a little Roſe-water on them, pour the ſirup forth as it comes from them, thus turning and ſugaring them till they be almoſt dry, then take them out of the earthen pan, and lay them on a lettice of wier, upon two billets of wood in a warm Oven, after the bread is drawn, till they be dry and well candied.

To Candy Suckets of Oranges, Lemons, Citrons, and Angelica.

TAke, and boil them in fair water tender, and ſhift them in three boilings, ſix or ſeven times, to take away their bitterneſs, then put them into as much Sugar as will cover them, and ſo let them boil a walm or two, then take them out, and dry them in a warm Oven

as hot as Manchet, and being dry boil the Sugar to a Candy height, and ſo caſt your Oranges into the hot Sugar, and take them out again ſuddenly, and then lay them upon a lettice of Wyer on the bottom of a Sieve in a warm Oven after the bread is drawn, ſtill warming the Oven till it be dry, and they will be well candied.

To Candy the Orange Roots.

TAke the Orange Roots being well and tenderly boiled, petch them and peel them, and waſh them out of two or three waters; then dry them well with a fair cloth then pot them together two or three in a knot, then put them into as much clarified Sugar as will cover, and ſo let them boil leiſurely, turning them well until you ſee the Sugar drunk up into the Root; then ſhaking them in the Baſon to ſunder the knots; and when they wax dry, take them up ſuddenly, and lay them on ſheets of white Paper, and ſo dry them before the fire an hour or two, and they will be candied.

Candy Orange Peels after the Italian way.

TAke Orange Peels ſo often ſteeped in cold water, as you think convenient for their bitterneſs, then dry them gently, and candy them with ſome convenient ſyrup made with Sugar; ſome that are more grown, take away that ſpongious white under the yellow peels, others do both together.

The Vertues.

They corroborate the Stomach and Heart.

To Candy Citrons after the Spaniſh way.

TAke Citron Peels ſo large as you pleaſe the inner part being taken away, let them be ſteeped in a clear lay of water and and aſhes for nine dayes, and ſhift them the fifth day, afterward waſh them in fair water, till the bitterneſs be taken away, and that they grow ſweet, then let them be boiled in fair water till they grow ſoft, the watry part being taken away, let them be ſteeped in a veſſel of ſtone twenty four hours, with a Julip, made of white Sugar,

and three parts water, after let them be boiled upon a gentle fire, to candineſs of Penidies or Paſte; being taken out of that, let them be put in a glaſs veſſel, one by one, with the julip of Roſes made ſomewhat hard, or with Sugar; ſome do adde Amber and Musk to them.

The Vertues.

It comforteth the Stomach and Heart, it helpeth concoction.

Candied Cherries the Italian way.

TAke Cherries before they are full ripe, the ſtones taken out, put clarified ſugar boiled to a height, then pour it on them.

Chicory Roots candied the Italian way.

TAke Chicory new and green, the outward Bark being taken away, then before they be candied, let them be cut in ſeveral parrs, and gently boiled, that no bitterneſs may remain, then ſet them in the air placed ſeverally, and put Sugar to them boiled to a height.

Touch-

Touching Marmalets, and Quiddony, as followeth.

To make Marmalet of Damſins.

TAke two quarts of Damſins that be through ripe, and pare off the skins of three pints of them, then put them into an earthen pipkin, thoſe with the skins undermoſt; then ſet the Pipkin into a pot of ſeething water, and let the water ſeethe apace until the Damſins be tender. Cover the Pipkin cloſe, that no water gets into them, and when they are tender, put them out into an earthen pan, and take out all the ſtones and skins, and weigh them, and take the weight with hard ſugar, then break the ſugar fine, and put it into the Damſins, then ſet it on the fire, and make it boil apace till it will come

from the bottome of the skillet, then take it up, and put it into a glaſs but ſcum it clear in the boiling.

To make white Marmalet of Quinces.

TAke unpared Quinces, and boil them whole in fair water, peel them and take all the pap from the coar, to every pound thereof, add three quarters of a pound of Sugar, boil it well till it come well from the pans bottom, then put it into boxes.

To make Marmalet of any tender Plum.

TAke your Plums, and boil them between two diſhes on a Chafing-diſh of coals, then ſtrain it, and take as much Sugar as the Pulp do weigh, and put to it as much Roſe-water, and fair water as will melt it, that is, half a pint of water to a pound of Sugar, and ſo boil it to a Candy height, then put the pulp into hot Sugar, with the pap of a roaſted apple. In like manner you muſt put roaſted Apples to make Paſt Royal of it, or elſe it will be tough in the drying.

To make Orange Marmalet.

TAke Oranges, pare them as thin as you can; boil them in four ſeveral waters, let them be very ſoft before you take them out, then take two quarts of Spring-water, put thereto twenty Pippins pared, quartered, and coared, let them boil till all the vertue be out, take heed they do not loſe the colour; then ſtrain them, put to every pint of water a pound of Sugar, boil it almoſt to a Candy height, then take out all the meat out of the Oranges, ſlice the peel in long ſlits as thin as you can, then put in your peel with the juyce of two Lemmons, and one half Orange, then boil it to a Candy.

To make Quiddony of Pippins of Ruby, or any Amber colour.

TAke Pippins, and cut them in quarters, and pare them, and boil them with as much fair water as will cover them, till they be tender, and ſunk into the water, then ſtrain all the liquor from the Pulp, then take a pint of that liquor, and half a

pound of Sugar, and boil it till it be a quaking gelly on the back of a ſpoon; ſo then pour it on your moulds, being taken out of fair water; then being cold turn them on a wet trencher, and ſo ſlide them into the boxes, and if you would have it ruddy colour, then boil it leaſurely cloſe covered, till it be as red as Claret Wine, ſo may you conceive, the difference is in the boiling of it; remember to boil your Quinces in Apple-water as you do your Plums.

To make Quiddony of all kindes of Plums.

TAke your Apple-water, and boil the Plums in it till it be red as claret wine, and when you have made it ſtrong of the Plums, put to every pint half a pound of Sugar, and ſo boil it till a drop of it hang on the back of a ſpoon like a quaking gelly. If you will have it of an Amber colour, then boil it with a quick fire, that is all the difference of the colouring of it.

To make Marmalet of Oranges, or Orange Cakes, &c.

TAke the yelloweſt and faireſt Oranges, and water them three days, ſhifting the water twice a day, pare them as thin as you poſſible can, boil them in a Water changed five or ſix times, until the bitterneſſe of the Orange be boiled out; thoſe that you preſerve, muſt be cut in halves, but thoſe for Marmalet muſt be boiled whole, let them be very tender, and ſlice them very thin on a Trencher, takeing out the ſeedes and long ſtrings, and with a Knife make it as fine as the Pap of an Apple; then weigh your Pap of Oranges, and to a pound of it, take a pound and a half of ſugar; then you muſt have Pippins boiled ready in a Skillet of fair water, and take the Pap of them made fine on a Trencher, and the ſtrings taken out, (but take not half ſo much Pippins as Oranges) then take the weight of it in Sugar, and mix it both together in a ſilver or earthen Diſh; and ſet it on the coals to dry the water out of it, (as you

do with Quince Marmalet) when your Sugar is Candy height, put in your ſtuff, and boil it till you think it ſtiff enough, ſtirring it continually: if you pleaſe you may put a little Musk in it.

Touching Paſtrey and Paſties.

To make Sugar Cakes.

TAKE three pound of the fineſt Wheat Flowes, one pound of fine Sugar, Cloves and Mace of each one ounce finely ſearſed, two pound of butter, a little Roſe-water, knead and mould this very well together, melt your Butter as you put it in; then mould it with your hand forth upon a board, cut them round with a glaſs, then lay them on papers, and ſet them in an Oven, be ſure your Oven

Oven be not too hot, ſo let them ſtand till they be coloured enough.

To make clear Cakes of Plums.

TAke Plums of any ſorts, Raſpiſs are the beſt, put them in a ſtone Jug, into a pot of ſeething water, and when they are diſſolved, ſtrain them together through a fair cloth, and take to a pint of that a pound of ſugar, put to as much color as will melt it, and boil to a Candy height; boil the liquor likewiſe in another Poſnet, then put them ſeething hot together, and ſo boil a little while ſtirring them together, then put them into glaſſes, and ſet them in an Oven or Stove in a drying heat, let them ſtand ſo two or three weeks, and never be cold, removing them from one warm place to another, they will turn in a week; beware you ſet them not too hot, for they will be tough; ſo every day turn them till they be dry; they will be very clear.

To make Paſte of Oranges and Lemons.

TAke your Oranges well coloured, boil them tender in water, changing them ſix

ſix or ſeven times in the boiling, put into the firſt water one handful of Salt, and then beat them in a wooden bowl with a wooden peſtle, and then ſtrain them through a piece of Cuſhion Canvas, then take ſomewhat more than the weight of them in ſugar, then boil it, dry and faſhion it as you pleaſe.

To make Rasberry Cakes.

TAke Rasberries, and put them into a Gallipot, cover them cloſe, and ſet them into a skillet of water, and let them boil till they are all to maſh, then rub them through a ſtrainer of Cuſhion Canvas, put the liquor into a ſilver baſon, and ſet it upon a very quick fire; and put into it one handful or two of whole Rasberries, according to the quantity of your liquor: and as you ſhall like to have ſeeds in your paſte, Thus let it boil very faſt till it be thick; and continually ſtir, leſt it burn; then take two ſilver diſhes that are of a weight, and put them into your ſcales, in the one put the Raſpiſs ſtuff, and in the other double refined Sugar finely beaten,

beaten, as much as the weight of Raſpiſs ſtuff; then put as much water to the Sugar as will melt it, ſet it upon the fire, and let it boil till it be very high candied, then take it from the fire, and put your Raſpiſs ſtuff into it; and when your Sugar and Rasberries are very well mixt together, and the ſugar well melted from about the diſh, (which if it will not do from the fire, ſet it on again) but let it not boil in any caſe; when it is pretty cool, lay it by ſpoonfuls in places, and put it into your ſtuff, keeping temperate fire to it twice a day till it be candied that will turn them, joyn two of the pieces together, to make the cake the thicker.

To make Paſte of Genoa Citrons.

TAke Citrons, & boil them in their skins, then ſcrape all the pulp from the coar, ſtrain it through a piece of Cuſhion Canvas, take twice the weight of the Pulp in Sugar, put to it twice as much water as will melt it, that is half a pint to every pound of Sugar, boil it to a Candy height; dry the Pulp upon a Chafing-diſh of Coales, then put the

the Syrup and the Pulp hot together, boil it with ſtirring until it will lye upon a Pye-plate, ſet it in a warm ſtone Oven upon two billets of wood, from the heat of the Oven, all one night, in the morning turn it, and ſet it in the like heat again, ſo turn it every day till it be dry.

To make a French Tart.

TAke a quarter of Almonds or thereabouts, and peel them, then beat them in a mortar, take the white of the breaſt of a cold Capon, and take ſo much Lard as twice the quantity of the Capon, and ſo much Butter, or rather more, and half a Marrow-bone, and if the bone be little then all the Marrow, with the juyce of one Lemon; beat them all together in a Mortar very well, then put in one half pound of loaf ſugar grated, then take a good piece of Citron, cut it in ſmall pieces, and half a quarter of Piſtanius, mingle all theſe together, take ſome flour, and the yolks of two or three Eggs, and ſome ſweet Butter, and work it with cold water.

To make Cakes of Pear Plums.

TAke to a pound of the clear, or the Pulp, a pound of Sugar, and boil it to a Sugar again, then break it as ſmall as you can, and put in the clear, when your Sugar is well melted in it, and almoſt cold, put it in glaſs plates, and ſet them into your ſtove as faſt as you can, with coals under them, and ſo twice a day whileſt they be dry enough to cut; if you make them of the clear, you muſt make paſte of Appies to lay upon them, you muſt ſcald them, and beat them very well, and ſo uſe them as you do your Plums, and then you may put them into what faſhion you pleaſe.

To make Cakes, viz.

TAke a pound of Sugar finely beaten, four yolks of Eggs, two whites, one half poune of Butter waſht in Roſe-water, ſix ſpoonfuls of ſweet Cream warmed, one pound of Currans well pickt, as much flower as will make it up, mingle them well together, make them into Cakes, bake them in an Oven; almoſt

moſt as hot as for manchet, half an hour will bake them.

To make a Cake the way of the Royal Princeſs, the Lady Elizabeth, *daughter to King* CHARLES *the firſt.*

TAke half a peck of Flower, half a pint of Roſe-water, a pint of Ale-yeaſt, a pint of Cream, boil it, a pound and an half of Butter, ſix Eggs, (leave out the whites) four pound of Currans, one half pound of Sugar, one Nutmeg, and a little Salt, work it very well, and let it ſtand half an hour by the fire, and then work it again, and then make it up, and let it ſtand an hour and a half, in the Oven; let not your Oven be too hot.

To make Paſte of Apricocks.

TAke your Apricocks, and pare them, and ſtone them, then boil them tender betwixt two diſhes on a Chafing-diſh of coals; then being cold, lay it forth on a white ſheet of paper; then take as much Sugar as it doth weigh, and boil it to a Candy height, with as

as much Roſe-water and fair water as will melt the Sugar; then put the Pulp into the Sugar, and ſo let it boil till it be as thick as for marmalet, now and then ſtirring of it; then faſhion it upon a pye-plate like to half Apricocks, and the next day cloſe the half Apricocks to the other, and when they are dry, they will be as clear as Amber, and eat much better then Apricocks it ſelf.

To make Paſte of Pippins like leaves, and ſome like Plums, with their ſtones and Stalks in them.

TAke Pippins pared and coared, and cut in pieces, and boiled tender, ſo ſtrain them, and take as much Sugar as the Pulp doth weigh, and boil it to a Candy height with as much Roſe-water and fair water as will melt it, then put the pulp into the hot ſugar, and let it boil until it be as thick as Marmalet; then faſhion it on a Pye-plate, like Oaken leaves, and ſome like half Plums, the next day cloſe the half Plums together; and if you pleaſe you may put the ſtones and ſtalks in them, and dry them in an Oven, and if you will have them

them look green, make the paſte when Pippins are green; and if you will have them look red, put a little Conſerves of Barberries in the Paſte, and if you will keep any of it all the year, you muſt make it as thin as Tart ſtuff, and put it in Gallipots.

To make Paſte of Elecampane roots, an excellent remedy for the Cough of the Lungs.

TAke the youngeſt Elecampane roots, and boil them reaſonably tender; then pith them and peel them; and ſo beat it in a Mortar, then take twice as much ſugar as the Pulp doth weigh, and ſo boil it to a Candy height, with as much roſe-water as will melt it; then put the Pulp into the Sugar with the Pap of a Roaſted-apple, then let it boil till it be thick, then drop it on a Pye-plate, and ſo dry it in an Oven till it be dry.

To make Paſte of flowers of the colour of Marble, taſting of natural flowers.

TAke every ſort of pleaſing Flowers, as Violets, Cowſlips, Gilly-flowers, Roſes or Marigolds, and beat them in

as

a Mortar, each flower by it ſelf with ſugar, till the ſugar become the colour of the flower, then put a little Gum Dragon ſteept in water into it, and beat it into a perfect paſte; and when you have half a dozen colours, every flower will take of his nature, then rowl the paſte therein, and lay one piece upon another, in mingling ſort, ſo rowl your Paſte in ſmall rowls, as big and as long as your finger, then cut it off the bigneſs of a ſmall Nut, overthwart, and ſo rowl them thin, that you may ſee a knife through them, ſo dry them before the fire till they be dry.

To make Paſte of Rasberries or Engliſh Currans.

TAke any of the Frails, and boil them tender on a Chafing-diſh of coals betwixt two diſhes and ſtrain them, with the the pap of a roaſted Apple, then take as much Sugar as the Pulp doth weigh, and boil to a Candy height with as much Roſe-water as will melt it; then put the Pulp into the hot Sugar, and let it boil leiſurely till you ſee it as thick as Marmalet, then faſhion it on a Pie-plate, and put

put it into the Oven with two billets of wood, that the place touch not the bottom, and ſo let them dry leaſurely till they be dry.

To make Naples Biſket.

TAke of the ſame ſtuff the Mackaroons are made of, and put to it an ounce of pine-apple-ſeeds in a quarter of a pound of ſtuff, for that is all the difference between the Mackaroons and the Naples Biſket.

To make Italian Biſkets.

TAke a quarter of a pound of ſearſed ſugar, and beat it in an Alablaſter mortar with the white of an Egg, and a little Gum-dragon ſteept in Roſe-water, to bring it to a perfect paſte, then mould it up with a little Anniſeed and a grain of Muſk; then make it up like Dutch-bread, and bake it on a Pie-plate in a warm Oven till they riſe ſomewhat high and white, take them out, but handle them not till they be throughly dry and cold.

To make Prince Biskets.

TAke a pound of ſearſed Sugar, and a pound of fine flower, eight Eggs with two of the reddeſt yolks taken out, and ſo beat together one whole hour, then take you Coffins, and indoice them over with Butter very thin, then to it put an ounce of Anniſeeds fine duſted, and when you are ready to fill your Coffins, put in the Anniſeeds, and ſo bake it in an oven as hot as for Manchet.

To make Marchpane to Ice and Gild, and garniſh it according to Art.

TAke Almonds, and blanch them out of ſeething water, and beat them till they come to a fine paſte in a ſtone Mortar, then take fine ſearſed ſugar, and ſo beat it all together till it come to a perfect paſte, putting in now and then a ſpoonful of Roſe-water, to keep it from oyling; then cover your Marchpane with a ſheet of paper as big as a Charger, then cut it round by that Charger, and ſet an edge about it as about a Tart, then bottom it with Wafers, then bake it in an Oven, or in a Baking-pan, and

nd when it is hard and dry, take it out of the Oven, and ice it with Roſe-water and Sugar, and the white of an Egg; being as thick as butter, and ſpread it over thin with two or three feathers; and then put it into the Oven again, and when you ſee it riſe high and white, take it out again and garniſh it with ſome pretty conceit, and ſtick ſome long Comfits upright in it, ſo gild it, then ſtrow Biskets and Carrawayes on it. If your Marchpane be Oyly in beating, then put to it as much Roſe-water as will make it almoſt as thin as to Ice.

Lozenges.

TAke Bloſſoms of Flowers, and beat them in a bowl-diſh, and put them in as much clarified Sugar as may come to the colour of the cover, then boil them with ſtirring, till it is come Sugar again; then beat it fine, and ſearſe it, and ſo work it up to paſte with a little Gum Dragon, ſteep it in Roſe-water, then print it with your mould, and being dry, keep it up.

To make Walnuts artificial.

TAke ſearſed Sugar, and Cinnamon, of quantity alike, work it up with a little Gum Dragon, ſteep it in Roſe-water, and print it in a mould made like a Walnut-ſhell, then take white Sugar Plates, print it in a mould made like a Walnut kernel, ſo when they are both dry, cloſe them up together with a little Gum Dragon betwixt, and they will dry as they lie.

To make Collops like Bacon of Marchpane.

TAke ſome of your Marchpane Paſte, and work it in red Saunders till it be red; then rowl a broad ſheet of white Paſte, and the ſheet of red Paſte, three of the white, and four of the red, and ſo one upon another in mingled ſorts, every red between, then cut it overthwart, till it look like Collops of Bacon, then dry it.

To make aatificial Fruits.

TAke a Mould made of Alablaſter, three yolks, and tye two pieces together, and lay

lay them in water an hour, and take as much ſugar as will fill up your mould, and boil it in a *Manus Chriſti*, then pour it into your mould ſuddenly, and clap on the lid, round it about with your hand, and it will be whole and yellow, then colour it with what colour you pleaſe, half red, or half yellow, and you may yellow it with a little Saffron ſteept in water.

Touching Preſerves and Pomanders.

To make an excellent Perfume to burn between two Roſe leaves.

TAke an ounce of Juniper, an ounce of Storax, half a dozen drops of the water of Cloves, ſix graines of Musk, a little Gum Dragon ſteept in water,

water, and beat all this to paſte, then roll it in little pieces as big as you pleaſe, then put them betwixt two Roſe-leaves, and ſo dry them in a diſh in an Oven, and being ſo dried, they will burn with a moſt pleaſant ſmell.

To make Pomander.

TAke an ounce of Benjamin, an ounce of Storax, and an ounce of Laudanum, heat a Mortar very hot, and beat all theſe Gums to a perfect paſte; in beating of it, put in ſix grains of Muſk, four grains of Civet; when you have beaten all this to a fine paſte with your hands with Roſe-water, rowl it round betwixt your hands, and make holes in the beads, and ſo ſtring them while they be hot.

To make an Ipſwich Water.

TAke a pound of fine white Caſtle-ſoap, ſhave it thin in a pint of Roſe-water, and let it ſtand two or three dayes; then pour all the water from it, and put to it half a pint of freſh-water; and ſo let it ſtand one whole day, then pour out that, and put half,

a pint more, and let it ſtand a night more, then put to it half an ounce of powder called ſweet Marjoram, a quarter of an ounce of the powder of Winter-Savory, two or three drops of the Oyl of Spike, and the Oyl of Cloves, three grains of Muſk, and as much Ambergreeſe; work all theſe together in a fair Morter, with the powder of an Almond Cake dryed, and beaten as ſmall as fine flower, ſo rowl it round in your hands in Roſe-water.

To make a ſweet Smell.

TAke the Maſte of a ſweet Apple-tree, being gathered betwixt the two Lady-dayes, and put to it a quarter of Damaſk Roſe-water, and dry it in a diſh in an Oven; wet it in drying two or three times with Roſe-water, then put to it an ounce of Benjamin, an ounce of Storax Calamintæ: theſe Gums being beaten to powder, with a few leaves of Roſes, then you may put what coſt of Smells you will beſtow, as much Civet or Ambergreeſe, and beat it all together in a Pomander or a Bracelet.

Touch-

Touching Wine.

To make Hypocras.

TAke four Gallons of Claret Wine, eight ounces of Cinnamon, three Oranges, of Ginger, Cloves, and Nutmegs a ſmall quantity, Sugar ſix pound, three ſprigs of Roſemary bruiſe all the ſpices ſomewhat ſmall, and ſo put them into the Wine, and keep them cloſe ſtopped, and often ſhaked together a day or two, then let it run through a gelly bag twice or thrice with a quart of new Milk.

The Lady Thornburghs *Syrup of Elders.*

TAke Elder-berries when they be red, bruiſe them in a ſtone mortar, ſtrain the juyce, and boyl it to a conſumption of almoſt half, ſcum it very clear, take it

off the fire whileſt it is hot, put in ſugar to the thickneſs of a Syrup; put it no more on the fire, when it is cold, put it into Glaſſes, not filling them to the top, for it will work like Beer.

This cleanſeth the ſtomach and ſpleen, and taketh away all obſtructions of the Liver, by taking the quantity of a ſpoonful in a morning, and faſting a ſhort time after it.

To make Gelly of Raſpis the beſt way.

TAke the Raſpis, and ſet them over the fire in a Poſnet, and gather out the thin Juyce, the bottom of the skillet being cooled with fair water, and ſtrain it with a fine ſtrainer, and when you have as much as you will, then weigh it with Sugar, and boil them till they come to a Gelly, which you may perceive by drawing your finger on the back of the ſpoon.

To dry Fox Skins.

TAke your ſhee Fox Skins, nail them upon a board as ſtrait as you can, then bruſh them as clean as you can, then take

Aqua

Aqua Fortis, and put into it a ſix pence, and ſtill put in more as long as it will diſſolve it, then waſh your skin over with this water, and ſet it to dry in the Sun; and when it is dry, waſh it over with the ſpirits of wine; this muſt be done in hot eſt time of Summer.

Choice Secrets made known.

To make true Majeſtery of Pearl.

DIſſolve two or three ounces of fine ſeed Pearl in diſtilled vinegar, and when it is perfectly diſſolved, and all taken up, pour the Vinegar into a clean glaſs Baſon; then drop ſome few drops of Oyl of Tartar upon it, and it will caſt

down the Pearl into fine powder, then pour the Vinegar clean off ſoftly, then put to the Pearl clear Conduit or Spring water; pour that off, and do ſo often untill the taſte of the Vinegar and Tartar be clean gone, then dry the powder of Pearl upon warm embers, and keep it for your uſe.

How to make Hair grow.

TAke half a pound of Aqua Mellis in the Spring time of the year, warm a little of it every morning when you riſe in a Sawcer, and tie a little ſponge to a fine box comb and dip it in the water, and therewith moiſten the roots of the Hair, in combing it, and it will grow long, thick, and curled in a very ſhort time.

To write Letters of Secret, that they cannot be read without the directions following.

TAke fine Allum, beat it ſmall, and put a reaſonable quantity of it into water, then write with the ſaid water.

The work cannot be read, but by ſteeping your paper in fair running water.

You

You may likewiſe write with Vinegar or the juuce of Lemon or Onion; if you would read the ſame, you muſt hold it before the fire.

How to keep Wine from ſowring.

TYe a piece of very ſalt Bacon on the inſide of your barrel, ſo as it touch not the Wine, which will preſerve Wine from ſowering.

To take out ſpots of Greaſe or Oyl.

TAke bones of ſheeps feet, burn them almoſt to aſhes, then bruiſe them to power, and put of it on the ſpot, and lay it in the ſun when it ſhineth hotteſt, when the powder becomes black, lay on freſh in the place till it fetch out the ſpots, which will be done in a very ſhort time.

To make hair grow black, though any colour.

TAke a little Aqua Fortis, put therein a groat or ſixpence, as to the quantity of the aforeſaid water, then ſet both to diſſolve before the fire, then dip a

ſmall ſpunge in the ſaid water, and wet your beard or hair therewith; but touch not the skin.

King Edwards perfume.

TAke twelve ſpoonfuls of right red Roſe-water, the weight of ſix pence in fine powder of Sugar, and boil it on hot Embers and Coals ſoftly, and the houſe will ſmell as though it were full of Roſes; but you muſt burn the ſweet Cypreſs wood before, to take away the groſs air.

Queen Elizabeths *Perfume.*

TAke eight ſpoonfuls of Compound water, the weight of two pence in fine powder of Sugar, and boil it on hot Embers and Coals, ſoftly, and half an ounce of ſweet Marjoram dried in the Sun, the weight of two pence of the powder of Benjamin. This Perfume is very ſweet, and good for the time.

Mr.

Mr. Ferene *of the* New Exchange, *Perfumer to the Queen. his rare Dentifrice, ſo much approved of at Court.*

FIrſt take eight ounces of Irics roots alſo four ounces of Pomiſtone, and eight ounces of Cutel-bone, alſo eight ounces of Mother of Pearl, and eight ounces of Coral, and a pound of Brick if you deſire to make them red; but he did oftner make them white, and then inſtead of the Brick did take a pound of fine Alablaſter; all this being throughly beaten, and ſifted through a fine ſearſe, the powder is then ready prepared to make up in a paſte, which muſt be done as follows.

To make the ſaid Powder into Paſte.

TAke a little Gum Dragant, and lay it in ſteep twelve hours, in Orange flower water, or Damask Roſe-water, and when it is diſſolved, take the ſweet Gum, and grinde it on a Marble-ſtone with the aforeſaid powder, and mixing ſome crums of white bread, it will come into a Paſte, the which you may make Dentifrices, of what ſhape or faſhion you pleaſe, but rolls is the moſt commodious for your uſe.

The Receipt of the Lady Kents *powder, preſented by her Ladyſhip to the Queen.*

TAke white Amber, Crabs eyes, red Corral, Harts-horn and Pearl, all prepared ſeveral, of each a like proportion, tear and mingle them, then take Harts-horn gelly, that hath ſome Saffron put into a bag, diſſolve into it while the gelly is warm, then let the gelly cool, and therewith made a paſte of the powders, which being make up into little balls, you muſt dry gently by the fire ſide. Pearl is prepared by diſſolving it with the juyce of Lemons, Amber prepared by beating it to powder; ſo alſo Crabs-eyes and Corral, Harts-horn prepared by burning it in the fire, and taking the ſhires of it eſpecially, the pith wholly rejected.

A Cordial Water of Sir Walter Raleigh.

TAke a gallon of Strawberries, and put them into a pint of *Aquæ vitæ*, let them ſtand ſo four or five days, ſtrain them gently out, and ſweeten the water as you pleaſe with fine Sugar; or elſe with perfume.

The Lady Malets *Cordial Water.*

TAke a pound of fine Sugar beaten and put to it a quart of running water, pour it three or four times through a bag; then put a pint of Damask Roſe-water, which you muſt always pour ſtill through the bag, then four penniworth of Angelica water, four pence in Clove-water, four pence of Roſa Solis, one pint of Cinnamon-water, or three pints and half of Aqua Vitæ, as you find it in taſte: put all theſe together three or four times through the bag or ſtrainer, and then take half an ounce of good Muskallis and cut them groſly, and put them into a glaſs, and fill them with the water, *&c*

A Sovereign Water of Dr. Stephens, *which he long times uſed, wherewith he did many Cures; he kept it ſecretly till a little before his death, and then he gave it to the Lord Arch-biſhop of* Canterbury *in writing, being as followeth,* viz.

TAke a Gallon of good Gaſcoine Wine, and take Ginger, Gallingale, Cinamon, Nutmegs,

Nutmegs, Cloves, Grains, Anniſeeds, Fennil-ſeed, of every of them a dram, then take Caraway-ſeed, of red Mints, Roſes, Thime, Pellitory of the Wall, Roſemary, wilde Thime, Camomil, the leaves if you cannot get the flowers, of ſmall Lavander, of each a handful, then bray the Spices ſmal, and bray the Hearbs, and put all into the Wine, and let it ſtand ſo twelve hours, ſtirring it divers times, then ſtill it in a Limbeck, and keep the firſt water, for it is beſt, then put the ſecond water by it ſelf, for it is good, but not of ſuch vertues, &c.

The Vertues of this Water.

It comforts the Spirits Vital, and helps all inward Diſeaſes that come of cold, it is good againſt the ſhaking of the Palſie; it cures the Contraction of the Sinews, helps the conception of Women if they be Barren, it kills the Worms in the Belly and Stomach; it cures the cold Dropſie, and helps the Stone in the Bladder, and in the Reins of the Back; it helps ſhortly the ſtinking breath, and whoſoever uſeth this Water morning and evening, (and not too often) it preſerveth him in good liking, and will make him ſeem young very long, and

con-

comforteth nature marvellonſly; with this water did Dr. *Stephens* preſerve his life, till extream age would not let him go or ſtand; and he continued five years, when all the Phyſicians judged he would not live a year longer, nor did he uſe any other Medicine but this, &c.

A Plague Water to be taken one ſpoonful every four hours with one ſweat every time.

TAke Scabious, Betony, Pimpernel, and Turmentine roots, of each a pound, ſteep theſe all night in three gallons of ſtrong Beer, and diſtil them all in a Limbeck, and when you uſe it, take a ſpoonful thereof every four hours, and ſweat well after it, draw two quarts of water, if your Beer be ſtrong, and mingle them both together.

Poppy Water.

TAke four pound of the flower of Poppies well pickt and ſifted, ſteep them all night in three Gallons of Ale that is ſtrong, and ſtill it in a Limbeck; you may

may draw two quarts, the one will be ſtrong and the other will be ſmall, *&c.*

A Water for a Conſumption, or for a Brain that is weak.

TAke Cream (or new milk) and Claret-wine, of each three pints, of Violet-flowers, Bugloſs and Borage-flowers, of each a ſpoonful, Comfrey, Knot-graſs, and Plantain, of theſe half a handful, three or four Pome-waters ſliced, a ſtick of Liquoriſh, ſome Pompion ſeeds and ſtrings; put to this a Cock that hath been chaſed and beaten before he was killed, dreſs it as to boil, and parboil it until there be no blood in it; then put them in a pot, and ſet them over your Limbeck, and the ſoft fire; draw out a pottle of water, then put your water in a Pipkin over a Charcoal fire, and boil it a while, diſſolve therein ſix ounces of white Sugar-candy, and two penny weight of Saffron: when it is cold ſtrain it into a glaſs, and let the Patient drink three or four ſpoonfuls three or four times a day blood-warm; your Cock muſt be cut into ſmall pieces, and the bones broken, and in caſe the flowers and hearbs are hard to come by, a ſpoonful of their ſtilled waters are to be uſed.

Another

Another of the ſame.

TAke a pottle of good Milk, one pint of Muſcadine, half a pint of red Roſe-water, a penny manchet ſliced thin, two handfuls of Raiſins of the ſun ſtoned, a quarter of a pound of fine ſugar, ſixteen Eggs beaten; mix all theſe together, then diſtil them in a common ſtill with a ſoft fire, then let the Patient drink three or four ſpoonfuls at a time blood-warm, being ſweetned with *Manus Chriſti* made with Corral and Pearl; when your things are all in the ſtill, ſtrew four ounces of Cinnamon beaten: this water is good to put into broath, *&c.*

A good Stomach Water.

TAke a quart of Aqua Compoſita, or Aqua vitæ, (the ſmaller) and put into it one handful of Cowſlip flowers, a good handful of Roſemary flowers, ſweet Marjoram, a little Pellitory of the Wall, a little Betony and Balm, of each a little handful, Cinnamon half an ounce, Nutmegs a dram, Anniſeeds, Coriander

riander ſeeds, Caroway ſeeds Gromel ſeeds, Juniper berries, of each a dram, bruiſe the ſpice and ſeed, and put them into Aqua Compoſita, or Aqua vitæ, with your hearbs together, and put them into them a pound of very fine ſugar, ſtir them well together, and put them into a glaſs, and let it ſtand in the ſun nine days, and ſtir it every day; two or three Dates, and a little race of Ginger ſliced into it will make it the better, eſpecially againſt wind, &c.

A Bag of Purging Ale.

TAke of Agrimony, Speedwell, Liverwort, Scurvy-graſs Water-creſſes, of each a handful, of Monk, of Rhubarb, and red Madder, of each half a pound, of Horſe-radiſhes three ounces, Liquoriſh two ounces, Saſſafrage four ounces, Sena ſeven ounces, ſweet Fennil-ſeeds two drams, Nutmegs four; pick and waſh your Herbs and Roots, and bruiſe them in a Mortar, and put them in a bag made of a Bolter, and ſo hang them in three galons of middle ale, and let it work in the Ale, and after three days you may drink it as you ſee occaſion, &c.

The

The Ale of Health and Strength, by Viſcount St. Albans.

TAke Saſſafras wood half an ounce, Sarſaparilla three ounces, white Saunders one ounce, Chamapition an ounce, China-root half an ounce, Mace a quarter of an ounce, Chamapition an ounce, cut the wood as thin as may be with a knife into ſmall pieces, and bruiſe them in a Mortar; put to them theſe ſorts of Hearbs, (*viz.*) Cowſlip flowers, Roman-wormwood, of each a handful, of Sage, Roſemary, Betony, Mugmort, Balm and Sweet-marjoram, of each half a handful, of Hops; boil all theſe in ſix gallons of Ale till it come to four; then put the wood and hearbs into ſix gallons of Ale of the ſecond wort, and boil it till it come to four, let it run from the dregs, and put your Ale together, and tun it as you do other purging Ale, &c.

A Water excellent good againſt the Plague.

TAke three pints of Malmſey, or Muſcadine, of Sage and Rue, of each one

one handful, boil them together gently to one pint, then ſtrain it and ſet it on the fire again, and put to it one penniworth of Long Pepper, Ginger four drams, Nutmegs two drams, all beaten together, then let it boil a little, take it off the fire, and while it is very hot, diſſolve therein ſix penniworth of Mithridate, and three penniworth of Venice Treacle, and when it is almoſt cold put to it a pint of ſtrong Angelica water, or ſo much *Aqua vitæ*, and ſo keep it in a glaſs cloſe ſtopped.

A Cordial Cherry-water.

TAke a pottle of *Aqua vitæ*, two ounces of ripe Cherries ſtoned, Sugar one pound twenty four Cloves, one ſtick of Cinamon, three ſpoonfuls of aniſeeds bruiſed, let theſe ſtand in the *Aqua vitæ* fifteen dayes, and when the water hath fully drawn out the tincture, pour it off into another glaſs for your uſe, which keep cloſe ſtopped, the Spice and the Cherries you may keep, for they are very good for winde in the Stomach.

The Lord Spencers *Cherry-water.*

TAke a Pottle of new Sack, four pound of through ripe Cherries ſtoned, put them into an earthen pot, to which put an ounce of Cinnamon, Saffron unbruiſed one dram, tops of Balm, Roſemary or their flowers, of each one handful, let them ſtand cloſe covered twenty four hours, now and then ſtirring them; then put them into a cold Still, to which put of beaten Amber two drams, Coriander ſeed one ounce, Alkerms one dram, and diſtill it leiſurely, and when it is fully diſtilled, put to it twenty grains of Musk. This is an excellent Cordial, good for Faintings and Swoundings, for the Crudities of the Stomach, Winde and Swelling of the Bowels, and divers other evil Symptomes in the Body of Men and Women.

The Herbs to be diſtilled for Uſquebath.

TAke Agrimony, Fumitory, Betony Bugloſs, Wormwood, Harts-tongue' Carduus Benedictus, Roſemary, Angelica,

lica, Tormentil, of each of theſe for every gallon of Ale one handful, Anniſeeds and Liquoriſh well bruiſed half a pound, ſtill theſe together, and when it is ſtilled, you muſt infuſe Cinamon, Nutmeg, Mace, Liquoriſh, Dates, and Raſins of the Sun, and ſug ar what quantity you pleaſe. The infuſion muſt be till the colour pleaſe you.

Dr. Kings *way to make Mead.*

TAke five quarts and a pint of Water, and warm it, then put one quart of Honey to every gallon of Liquor, one Lemon, and a quarter of an ounce of Nutmegs; it muſt boil till the ſcum riſe black, that you will have it quickly ready to drink, ſqueeze into it a Lemon when you tun it. It muſt be cold before you tun it up.

To make Syrup of Rasberries.

TAke nine quarts of Rasberries, clean pickt, and gathered in a dry day, and put to them four quarts of good Sack, into an earthen pot, then paſte it up very cloſe, and ſet it in a Cellar for ten days

days, then diſtill it in a Glaſs or Roſeſtill, then take more Sack and put in Rasberries to it, then when it hath taken out all the colour of the Raſpiſs, ſtrain it out and put in ſome fine Sugar to your taſte, and ſet it on the fire, keeping it continually ſtirring till the ſcum doth riſe; then take it off the fire, let it not boil, skim it very clean, and when it is cold put it to your diſtilled Raſpis; but colour it no more then to make it a pale Claret Wine. This put into bottles or Glaſſes ſtopt very cloſe.

To make Lemon Water.

TAke twelve of the faireſt Lemons, ſlice them, and put them into two pints of White wine, and put to them Cinamon two drams, Gallingale two drams, of Roſe-leaves, Borage and Bugloſs flowers, of each one-handful, of yellow Saunders one dram; ſteep all theſe together twelve hours; then diſtill them gently in a Glaſs ſtill until you have diſtilled one pint and an half of the Water, and then adde to it three ounces of Sugar, one grain of Amber-greeſe, and you will have a moſt plea-

ſing

ſing cleanſiug Cordial water for many uſes.

To make Gilly-flower Wine.

TAke two ounces of dryed Gilly-flowers, and put them into a pottle of Sack, and beat three ounces of Sugar-candy, or fine Sugar, and grinde ſome Ambergreeſe, and put it in the bottle and ſhake it oft, then run it through a gelly bag, and give it for a great Cordial after a weaks ſtanding or more. You make Lavander as you do this.

The Lady Spotſwood *Stomach Water.*

TAke white Wine one pottle, Roſemary and Cowſlip flowers, of each one handful, as much Betony leaves, Cinamon and Cloves groſly beaten, of both one ounce; ſteep all theſe three dayes, ſtirring it often; then put to it Mithridate four ounces, and ſtir it together, and diſtil it in an ordinary ſtill.

Water

Water of Time for the Paſſion of the Heart.

TAke a quart of white Wine, and a pint of Sack, ſteep in it as much broad Thime as it will wet, put to it of Galingale and Calamus Aromaticus, of each one ounce, Cloves, Mace, Ginger, and grains of Paradiſe two drams, ſteep theſe all night, the next morning diſtil it in an ordinary ſtill, drink it warm with Sugar.

A Receipt to make damnable Hum.

TAke Spicies de Gemmis, Aromaticum Roſatum, Diarrhodon Abbatis, Lætificans Galeni, of each four drams, Loaf Sugar beaten to powder half a pound, ſmall Aqua Vitæ three pints, ſtrong Angelica Water one pint; mix all theſe together, and when you have drunk it to the Dregs, you may fill it up again with the ſame quantity of water. The ſame powders will ſerve twice, and after twice uſing it, it muſt be made new again.

An

An admirable Water for ſore Eyes.

TAke *Lapis Tutiæ*; Aloes Hepatica, fine hard Sugar, of each three drams, beat them very ſmall, and put them into a Glaſſe of three pints, to which put red Roſe-water and white Wine, of each one pint; ſet the Glaſſe in the ſun, in the Month of *July*, for the whole Month, ſhaking it twice in a day for all that while; then uſe it as followeth, put one drop thereof into the Eye in the evening, when the party is in bed, and one drop in the morning an hour before the Patient riſeth: Continue the uſe of it till the Eyes be well. The older the Water, the better it is. Moſt approved.

A Snail Water for weak Children, and old People.

TAke a pottle of Snails, and waſh them well in two or three waters, and then in ſmall Beer, bruiſe them ſhells and all, then put them into a gallon of red Cows Milk, red Roſe leaves dried, the whites cut off, Roſemary, ſweet Marjo-

Marjoram, of each one handful, and ſo diſtil them in a cold ſtill, and let it drop upon powder of white Sugarcandy in the receiver; drink of it firſt and laſt, and at four a clock in the afternoon, a wineglaſs full at a time.

Clary Water for the Back, Stomach, &c.

TAke three gallons of midling Beer, put it in a great braſs Pot of four gallons, and put to it ten handfuls of Clary gathered in a dry day, Raiſins of the Sun ſtoned three pounds, Anniſeeds, and Liquoriſh, of each four ounces, the whites and ſhells of twenty four eggs, or half ſo many, if there be not ſo much need in the back, the ſhells ſmall, and mix them with the whites; put to the bottoms of three white loave, put into the Receiver one pound of white ſugarcandy, or ſo much fine loaf ſugar beaten ſmall, and diſtil it through a Limbeck, keep it cloſe, and be ſeldome without it; for it reviveth very much the ſtomach and heart, ſtrengtheneth the back, procureth appetite and digeſtion, driveth away Melancholly, ſadneſs and heavineſs of the heart, *&c.*

Dr. Montfords *Cordial Water.*

TAke Angelica leaves twelve handfuls, ſix leaves of Carduus Benedictus, Balm and Sage, of each five handfuls, the ſeeds of Angelica and ſweet Fennil, of each five ounces bruiſed, ſcraped and bruiſed Liquoriſh twelve ounces, Aromaticum Roſatum, Diamoſcus dulcis, of each ſix drams; the Hearbs being cut ſmall, the ſeeds and Liquoriſh bruiſed, infuſe them into two gallons of Canary Sack for twenty four hours, then diſtil it with a gentle fire, and draw off onely five pints of the ſpirits, which mix with one pound of the beſt Sugar diſſolved into a Syrup in half a pint of pure red Roſe-water.

Aqua Mirabilis, Sir Kenelm Digby's *way.*

TAke Cubebs, Gallingale, Cardamus, Mellilot flowers, Cloves, Mace, Ginger, Cinnamon, of each one dram bruiſed ſmall, juyce of Celandine one pint, juyce of Spearmint half a pint, juyce of Balm half a pint, ſugar one pound, flower of cowſlips, roſemary, Borrage,

Borage, Bugloſs, Marigolds, of each two drams, the beſt Sack three pints, ſtrong Angelica water one pint, red Roſe-water half a pint, bruiſe the Spices and flowers, and ſteep them in the Sack and Juyces one night, the next morning diſtill it in an ordinary or glaſs ſtill, and firſt lay Hearts-tongue leaves in the bottom of the Still.

The Vertues of the precedent Water.

This Water preſerveth the Lungs without grievances, and helpeth them; being wounded, it ſuffereth the blood not to putrifie, but multiplieth the ſame; this water ſuffereth not the heart to burn, nor melancholly, nor the Spleen to be lifted up above nature; it expelleth the Rhume, preſerveth the Stomach, conſerveth Youth, and procureth a good colour, it preſerveth Memory, it deſtroyeth the palſie; if this be given to one a dying, a ſpoonful of it reviveth him; in the ſummer uſe one ſpoonful a week faſting, in the winter two ſpoonfuls.

A Water for fainting of the Heart.

TAke Bugloſs and red Roſe-water,

of each one pint, Milk half a pint, Anniſeeds and Cinnamon groſly bruiſed, of each half an ounce, Maiden-hair two handfuls, harts-tongue one handful, both ſhred, mix all together, and diſtil it in an ordinary ſtil, drink of it morning and evening with a little ſugar.

A Surfet Water.

TAke half a buſhel of red Corn Poppy, put it into a large diſh, cover it with brown paper, and lay another diſh upon it, ſet it in an Oven after brown bread is baked, divers times till it be dry, which put into a pottle of good *Aqua vitæ*, to which put Raiſins of the Sun ſtoned half a pound, ſix figs ſliced, three Nutmegs ſliced, two flakes of mace bruiſed, two races of ginger ſliced, one ſtick of Cinnamon bruiſed, Liquoriſh ſliced one ounce, Aniſeed, Fennil-ſeed, and Cardamums bruiſed, of each one dram; put all theſe into a broad glaſs body, and lay firſt ſome Poppy in the bottom, then ſome of the other Ingredients, then Poppy again, and ſo untill the Glaſs be full; then

then put in the *Aqua vitæ*, and let it infuſe till it be ſtrong of the ſpices, and very red with the Poppy, cloſe covered, of the which take two or three ſpoonfuls upon a ſurfeit, and when all the liquor is ſpent, put more *Aqua vitæ* to it, and it will have the ſame effect the ſecond time, but no more after.

Dr. Butlers *Cordial Water againſt Melancholy, &c. moſt approved.*

TAke the flowers of Cowſlips, Marigolds, Pinks, Clove-gilly-flowers, ſingle ſtock gilly-flowers, of each four handfuls, the flowers of Roſemary, and Damask Roſes, of each three handfuls, Borage and Bugloſs flowers, and Balm leaves, of each two handfuls; put them in a quart of Canary Wine into a great Bottle or Jug cloſe ſtopped, with a Cork, ſometimes ſtirring the flowers and Wine together, adding to them Anniſeeds bruiſed one dram, two Nutmegs ſliced, Engliſh Saffron two pennyworth; after ſome time of infuſion, diſtill them in a cold Still with a hot fire, hanging at the Noſe of the Still

Ambergreece and Musk, of each one grain; then to the diſtilled water put White Sugarcandy finely beaten ſix ounces, and put the glaſs wherein they are into hot water for one hour. Take of this water at one time three ſpoonfuls thrice a week, or when you are ill, it cureth all melancholly fumes, and infinitely comforts the ſpirits.

The admirable and moſt famous Snail Water.

TAke a peck of garden ſhell ſnails, waſh them well in ſmall beer, and put them in a hot Oven till they have done making a noiſe, then take them out, and wipe them well from the green froth that is upon them, and bruiſe them ſhells and all in a ſtone Mortar, then take a quart of earth worms, ſcowre them with ſalt, ſlit them and waſh them well with water from their filth, and in a ſtone Mortar beat them to pieces, then lay in the bottom of your diſtilled pot Angelica two handfuls, and two handfuls of Celandine upon them, to which put two quarts of Roſemary flowers, Bears foot, Agrimony, red Dock Roots,

Bark

Bark of Barberries, Betony, wood ſorrel, of each two handfuls, Rue one handful: then lay the Snails and worms on the top of the Hearbs and Flowers, then pour on three Gallons of the ſtrongeſt Ale, and let it ſtand all night, in the morning put in three ounces of Cloves beaten, ſix penni-worth of beaten Saffron and on the top of them ſix ounces of ſhaved Harts-horn, then ſet on the Limbeck, and cloſe it with paſt, and ſo receive the water by pints, which will be nine in all, the firſt is the ſtrongeſt, whereof take in the morning two ſpoonfuls in four ſpoonfuls of ſmall Beer, and the like in the afternoon; you muſt keep a good Diet and uſe moderate exerciſe to warm the blood.

This Water is good againſt all Obſtructions whatſoever. It cureth a Conſumption and Dropſie, the ſtopping of the Stomach and Liver. It may be diſtilled with milk for weak people and children, with Harts-tongue and Elecampane.

A ſingular Mint Water.

TAke a ſtill full of Mints, put Balm and Penniroyal, of each one good handful, ſteep them in Sack, or Lees of Sack twenty four hours, ſtop it cloſe, and ſtir it now and then: Diſtill it in an ordinary Still with a very quick fire, and keep the Still with wet cloaths, put into the Receiver as much ſugar as will ſweeten it, and ſo double diſtill it.

Diſtillings.

A moſt Excellent Aqua Cœleſtis *taught by Mr.* Philips Apothecary.

TAke of Cinamon one dram, Ginger half a dram, the three ſorts of Saunders, of each of them three quarters of an ounce, mace & cubebs, of each of them one dram, Cardamon the bigger and

and leſſer, of each three drams, Setwell-roots half an ounce, Anniſeed, Fennil-ſeed Baſil-ſeed, of each two drams, Angelica roots, Gillyflowers, Thyme, Calamint, Liquoriſh, Calamus, Maſterwort, Pennyroyal, Mint, Mother of Thyme, Marjoram, of each two drams, red Roſe-ſeed, the flowers of Sage and Betony, of each a dram and a half, Cloves, Galingal, Nutmegs, of each two drams, the flowers of Stechados, Roſemary, Borage and Bugloſs flowers, of each a dram and half, Citron Rindes three drams; bruiſe them all, and put in theſe Cordial Powders, Diamber Aromaticum, Diamaſcum, Diachoden, the Spices made with Pearl, of each three drams; infuſe all theſe in twelve pints of *Aqua vitæ*, in a glaſs cloſe ſtopped for fifteen dayes, often ſhaking it, then let it be put in a Limbeck cloſe ſtopped, and let it be diſtilled gently; when you have done, hang it in a cloth, two drams of Musk, half a dram of Ambergreeſe, and ten or twelve grains of gold, and ſo receive it to your uſe.

Hypocras

Hypocras taught by Dr. Twine *for Winde in the Stomach.*

TAke Pepper, Grains, Ginger, of each half an ounce, Cinnamon, Cloves, Nutmegs, Mace, of each one ounce groſly beaten, Roſemary, Agrimony, both ſhread of each a few crops, red roſe leaves a pretty quantity, as an indifferent gripe, a pound of Sugar beaten; lay theſe to ſteep in a gallon of good Rhenniſh or White-Wine in a cloſe veſſel, ſtirring it two or three times a day the ſpace of three or four dayes together, then ſtrain it through an Hypocras ſtrainer, and drink a draught of it before meat half an hour, and ſometimes after to help digeſtion.

Marigold flowers diſtilled, good for the pain of the Head.

TAke Marigold flowers, and diſtill them, then take a fine cloth and wet in the aforeſaid diſtilled water, and ſo lay it to the forehead of the Patient, and being ſo applied, let him ſleep if he can: this with Gods help will ceaſe the pain.

A

A Water good for Sun burning

TAke Water drawn off the Vine dropping, the flowers of white Thorn, Bean-flowers, Water Lilly-flowers, Garden Lilly-flowers, Elder-flowers, and Tanſie-flowers, Althea-flowers, the whites of Eggs French Barley.

The Lady Giffords *cordial Water.*

TAke four quarts of Aqua Vitæ, Borrage and Poppy-water, of each a pint, two pounds of Sugarcandy, one pound of figs ſliced, one pound of Raiſins of the Sun ſtoned, two handfuls of red Roſes clipped and dried, one handful of red Mint, half a handful of Roſemary, as much of Hyſop, a few Cloves; put all theſe in a great double Glaſs cloſe ſtopped, and ſet it in the ſun three months, and ſo uſe it.

A Water for one penſive and very ſick, to comfort the Heart very excellent.

TAke a good ſpoonful of *Manus Chriſti*, beaten very ſmall into powder, then take a quarter of a pound of very fine Sugar, and beat it ſmall, and ſix ſpoonfuls of Cinnamon water, and put to it, and ten ſpoonfuls of Red roſe-water; mingle all theſe together, and put them in a diſh, and ſet them over a ſoft fire five or ſix walms, and ſo let it be put into a glaſs, and let the party drink thereof a ſpoonful or two, as he ſhall ſee cauſe.

To perfume Water.

TAke Malmſey or any kind of ſweet water; then take Lavender, Spike, ſweet Marjoram, Balm, Orange peels, Thyme, Baſil, Cloves, Bay leaves, Woodbine flowers, red and white Roſes, and ſtill them all together.

FINIS.

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FINIS.

[illegible]

[illegible] Mauma [illegible]

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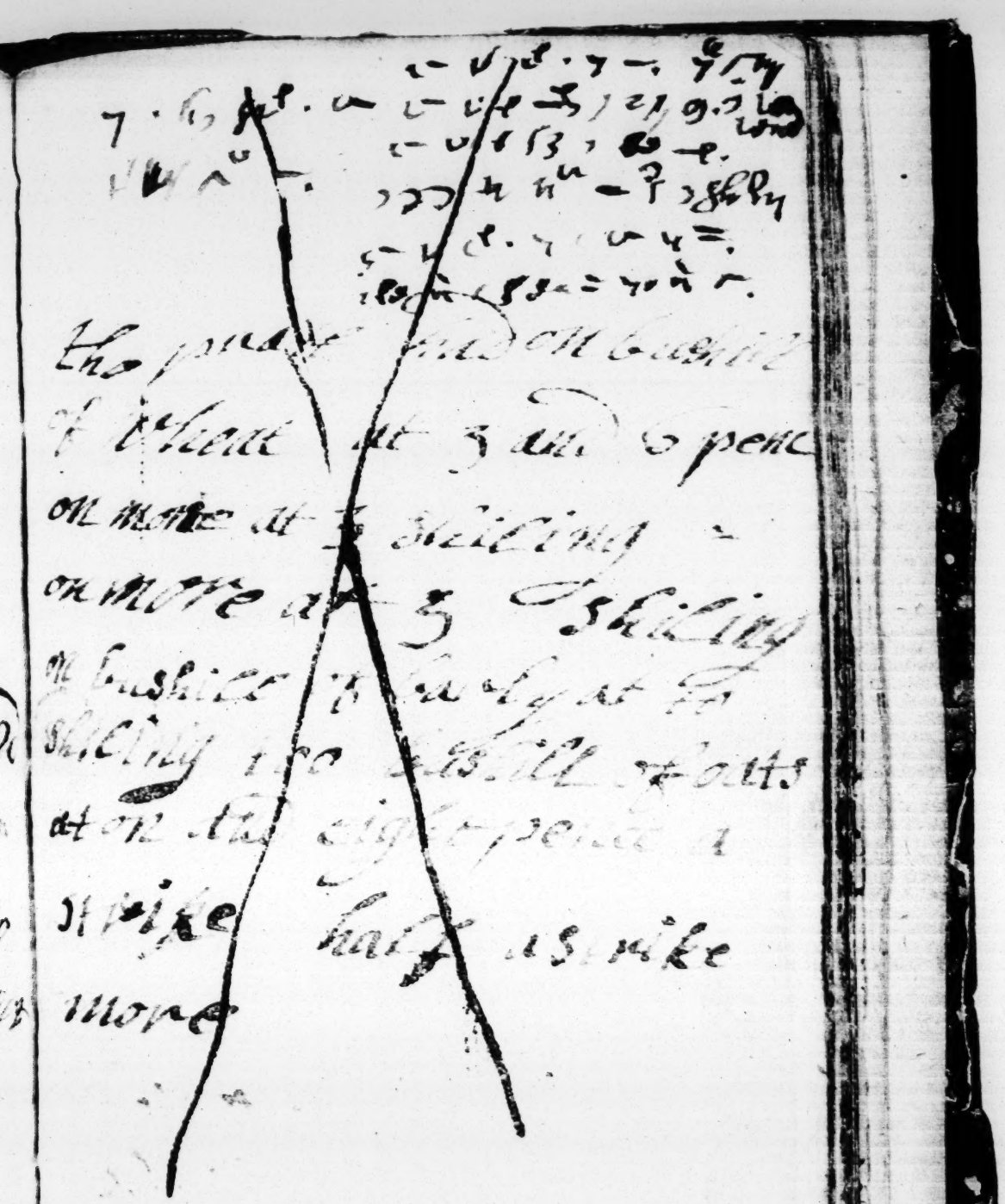

How to mak chiscaks
tak 3 pints of good milk
& Boil it beat 6 eggs
Leaueing out 3 whits
put in to ye milk with
on glas of brandy & as much
sider boyl it tell it be
com to curd then
strain it through a
thin cloth then Break
ye curd put in half a poun
of butter as much shuger
& corans on nutmeg
cream to nyour Likin

Beshure keep
it Beating tell
you put it in ye
pan

on our & quarter
will Bak it
6 P.d of Sheuger on
quart of Branday
on pek of Pip.

How to mak a cak
tak on Pound of fresh
Butter & Beat it in a Pan
tell it is com to a cream
tak on Pound of flour well
Dryed & on Pound of fine
pouder Shugar & on Pound
of eggs Leaue out 4 whits
keep your Butter Beating
whilst you Put in ye eggs a
little at a time then put in
your flour a handfull
at a time mix with your
Shugar caraway seeds to
your Liking then put
it in as you Did ye flour

How to Mak a Lampry
Pey Scin your Lampery
& clean him & Let him
Stay a night in Salt then
Cut him in Peaces & then
season him with on
nutmeg on quarter of a ounc
of Black Peper three
halfpeniworth of
clous Pounded & a
Little Salt Put to ye
Spice & 3 Parts of a Pound
of Butter on him & and
a anchoue or two

How to Keep grapes
for Making tarts all
ye year gather your
when they are Ripe
& Seal the end of —
ye Stuck with Sealing
wax & hang them
upon a line upin a —
Chamber

Hoou to mak Sr Cheuerill
Pudin tak on Pound of fresh
Seuit cut Smal on Pound
of Reasons & Scon them
on nutmeg grated ~~on~~
4 eggs 4 Spunfoll of
flour 8 Spoonful of
milk mix it all together
ty it up in a cloth put
it in to ye water could
let it Boyl 4 ours

to Mak a Neat foot puding
take a neat foot and boyl it tender
then take half a pound of ye
tenderest part sewit corans and
shuger of each half a pound ye
yolks of four egs a little nutmeg
and salt a spoonfull of sack
ye soft of a penny loff grated
mingle it all together and tie
it up clos in a cloth it will ass 4
ours boyling serue it up with

melted butter roswater

and shuger

to make sauce for Ducks

take a little lemon time a little
sauery a few sage leus and som
onions a little nutmeg and peper
and salt parsey make all this up into a
roul with butter and put it
into ye bely of ye duck when
roste take it out and put it
into melted butter and serve
it up

to make a cake
take 2 pound & half of ye beste
wheat flour and trip it well
3 pound of currons well pict
washed and dry butter and shager
of each 3 quarters of a pound
cream and cast of each 3 quarter
of a pint ten eggs leave out 4 of
ye whits nutmeg sinamon 8
mace pounded of each a quarter
of an ounce [illegible] the [illegible] salt
to spoonful of ros water [illegible]
of sack boyl your cream 8
ye melt melt ye butter in it
mix all your ingradance
dry ye put in ye barm
and cream mix it all together
warm and set it before ye fier
heave ye [illegible] your pan
a little an our and half
will bak it

take three ounses of Lapis
carimenars half a pint of ye
best eating oyl shave ye bees
wax very fine & put it in to
an earthen saus pan yt is
well glased then pour in ye
oyl upon it yn put it upon
som cols in a chafindish &
keep it stiring all ye while
with a broad stick tell ye
wax is melted when it begins
to siber then put in ye
pouther as soon as it is in
take it of ye fier & stir it
tel it is could be share
stir it all on way when
it is could

how to make birch wine

take a quaintity of birch water
and boyl it an oure yn put it
in a tub til it is blood warm
then put to every gallon 5 pounds
of ye best Maligo raisens well
picked rubed and chopt then let
it stand and work six days yn strain
it throw a hare sile and tun it
into a uersel seasened with a match
of brimston beshure stir it twice a
day whil it stands in ye tub it
will be redy to bottle in six months
time if you rack it it will be
redy in 3 month

to make very good bools

take ye inside of a line of mottle

& take more of ye pure fat

yn of ye lean and chop it first

yn on and yn ye other season it

a nutmeg qtmag pepper a little

salt a little pt time & swet

margerum on egg mincall yt

together mak it up and fhie it

in butter

to make a Silibub

take sack whit wine & ye ince of a lommon yn take as much cream as you think fit yn boyl it & let it stand till it be as warm as milk from ye cow then pour it in to ye licker as if you were milking it under ye cow swetten it to your tast

to make whip Silibub

take a little cream a little sack or whit wine and put in a little lof shugar and ye whits of to eggs weel beat ye gree of a lemmon & pel a sprig of rosmery put it together & whip it up feel it riseth to a thick froth yn as it riseth scum it of & put it in to ye glasses & heaps it up as high as it will lyon ye glass

to stew a brace of carpe
take ye carp when they are clean
rest & put yn in a stew pan
with a little sider and water a
little salt a few pepercorns
let ym stew over a gentle fier
yn have in a redyness som graue
made with about a pound of fresh
beef boyld in a saus pan adto
it a little margerum & parsly
fenil tyd up in a buntch som whol
pepen & mace a peec of nutmeg a
little onion ge maco peper hors
redish 2 anchoves halfa pinte of
clorit on spoonful of all when
is don sirain it all out which
is with ye carp

to pickl cucombers ye best way
take a Dry cloth & salt rub
ym very hard till you rubs
them green & put ym in a pot
& scold ym with brine yt will
bare an egg & let them ly in it
24 hours close covered ym Dry
ym very weel let your vinegar
be a little warm then put in
your cucombers & set ym over
a slo fier till they are green
and crimp ym put ym in ye pot
let your pickel boyl up & then
power it upon ym put in your
spice in a little bag into ye
pickel when its could it must
be stilled [illegible] yer
over ym with cherypre leaves

to make a Lemon Puding
take half a pound of good biskets
grated half a pound of butter
half a pound of shuger one
pint an half of cream 10 eggs
half ye whits ye rhin of on
g[illegible] lemon boyld til it is
tender water beat it weel
in a morter till it is very fine
2 spoonfull of oring flour
water on nos water 5 spuces
ye jus of a lemon in y puding
a little clous & mace so boke
it [illegible]
saus for woodcocks take
clovet sholot margeram cut
small peper salt & nutmeg grat
stew all this together and
thicken it up with grated bread

to make a carot puding tyl
take 2 handful of good carot
boyl ym very well & beat ym
in a morter yn take 3 quarter
of a pound of corans 6 eggs and
half a peny lofe grated a litt
shuger nutmeg ginger clous
a quarter of a pound butter
a little salt mix them well
together ty it very clos in a
cloth it being first wet boyl
it on our a littl sack butter
and shuger for sauce

take 20 carots and boyl ym
pulf ym throw a hare sive a
quarter of a pound of eggs ouwhit
half a peny lof grated half
half a pound of shugar half a
pound of butter melted with a
pint of milk put a sheet of
past under it less yn an our
well bak it grate shuger
on it

Saue for boyld fouls
make a pint of strong graue
put in to anchoues ye yolks of 3
eggs well beat 3 spoonfull of good
Cream som grated nutmeg 3 spoons
of Shery ye juce of on lemon
som lemon pil thicken it with
butter and floure you must
mak bols
to make a margrot pading
take a peny loof grated a small
handful of margarum washd
and choped small half a pound
of shuet half a pound of
currans a whol nutmeg
grated 6 eggs but 3 whits
put in shugar and salt to
your tast as much cream
as inst will wet it an our and
half will boyl it ye saue
is shuger whit wine and
butter

to make hooges Pudings
take 4 peny lous and pare
ye crust of ym slice it
thin and lay it in new milk
all night to sok in ye mor
ning pour all ye milk
you can from it put a
handful of flour when you
have beat ye bread small a
pound of corrans half a pon
of shuger on nutmeg a little
clous and mace and salt 5
eggs 3 whits 3 spoonfull
of ros water and as much
sack either ye magin chopt
small or suit mix it all
together and fill your guts
leuing 3 inches cop

take rue. wormwoo. sage
baulm. fetherfew. burnet
wood sorrel. cardus. rosmery
mugwort. dragon. betteny
mother wort. marigolds
spermint. red mint pimpern
liverwort. sasafrax
bartseas. medowsweet. soladin
plaguewort. bivier buds. ac
horhound lauender. penirey
planton. wirmin gil go by ye
ground swet firn seeds cara
way seed. half a pound of
alicompan roots wash it
and slice cut ye urbs a little
let ym all infuse in ye strong
ould sider you can get let it
step nine days ym ad to it 3or foa
galons of brandy when you go
to still keep ye limbeck cool

take 4 p^d of ye best
lean beef slis it thin
tak on ouns of salt petr
beat small lay it in a
pot all night and sprin
y^e salt petr betwen ye
layin then and som othe
salt ponr y^e brine from
it put a lain of beef an
and a lain of buttr pep
nutmeg make beatn
put it in y^e oun with a
batch when baked bea
it small and buttr with
it put it in pots and set
them in y^e oun 4 min

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